Grass Roots

Craft and self-sufficiency

For down to earth people

$2.50

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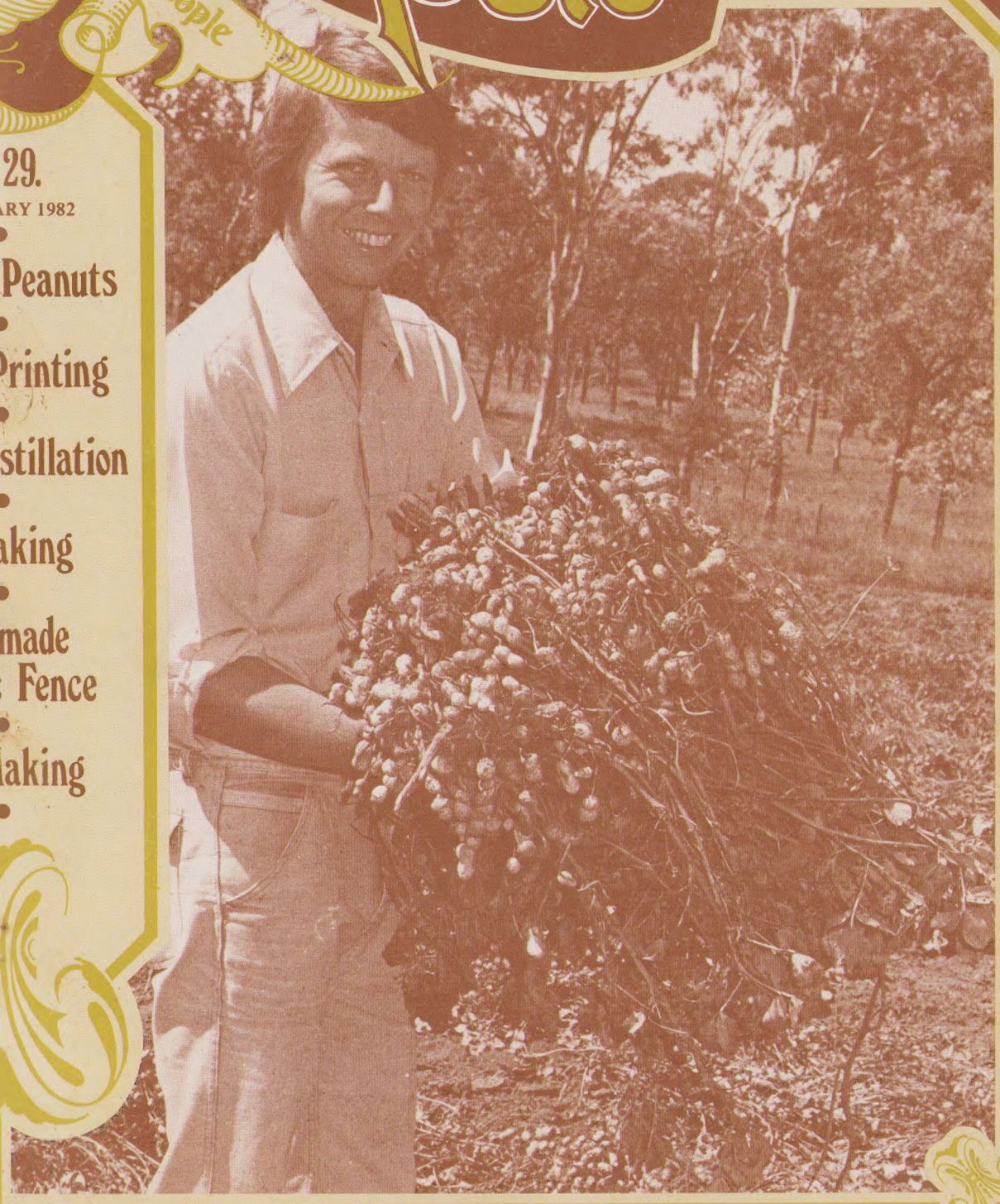
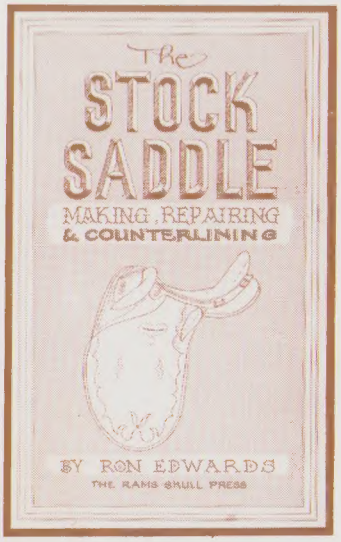
- Growing Peanuts
- Screen Printing
- Steam Distillation
- Feltmaking
- Homemade Electric Fence
- Jam Making



THE STOCK SADDLE — Making, Repairing and Counterlining

By Ron Edwards



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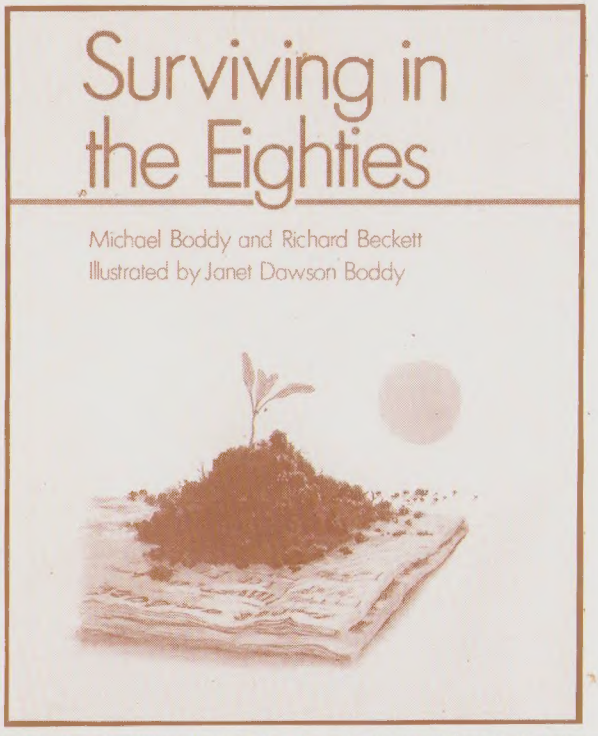

By Michael Boddy and Richard Beckett

If you're living in the city and would like your garden, however tiny, to give you fresh and inexpensive fruit and vegetables, or if you're moving to the country and would like to run a small productive farm, 'Surviving in the Eighties' is indispensible.

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The two authors have drawn on many years of practical experience to provide a uniquely practical Australian publication.

Available now, just send $12.95 plus $1.00 post and packing to:

GRASS ROOTS, P.O. Box 900, SHEPPARTON 3630.

Grass Roots

Craft and self-sufficiency

For down to earth people

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Front Cover: Dr Ray Shorter of the Department of Primary Industry, Queensland, harvests a trial crop of peanuts. See *Why Not Grow Peanuts?* on p.18
Photo courtesy Queensland Department of Primary Industries.

Back Cover: Bottles and mud make a fantastic wall, even apart from their solar heating characteristics. See *Bottle Walls* on p.66.

Distributed to newsagents by Gordon & Gotch.

Feedback Link-Up Feedback

Dear Grass Roots Readers,

Has anyone out there a three or four bedroomed house with a couple of acres of land surrounding it. There are half a dozen of us, adults and children not of school age as yet. My husband is very handy and would undertake any repairs or renovations necessary. We would like to have some animals, chooks and whatever, also a garden for food herbs and flowers.

Deborah Kerr & Family,
12 Wallinya Plc.,
AIRDS 2560.
Ph. 046-256-700.

Dear Alturnofolk,

At the moment I enjoy an exciting lifestyle, yet feel guilty not sharing it with a friend. So, I would like to offer the following:

Unlimited travel round the W.A. coast, rent free accommodation in our national parks. Good water, fresh sea air, peace and quiet, good fishing and a front seat on nature's stage — the nearest thing I have found to freedom yet be comfortable. So, if there is a mature, non-smoker, omnivore of the feminine gender with no ties, is artistic and into self-sufficiency, has an 'A' class licence and is financially comfortable and wishes to share my lifestyle, please write to above address. All letters answered.

Clive Bond,
Cape Leveque Light Stn.,
via DERBY 6728.

Dear Readers,

We really enjoy our lifestyle out here but one thing we have found is the problem of work in an area of 'graziers'. Stock work is just fine with my husband and anything else to do with farming but when it comes to that 'Tordan' to kill trees, one has to make up their mind as to what they'll do. Fortunately I can say my husband has had the guts to stand up and say 'no', which has brought much criticism and nasty gossip but our consciences feel at ease. I don't suppose there are any graziers around who don't use those poisons.

Grass Roots
Craft and self-sufficiency
For down to earth people

Edited by Meg and David Miller.
Published by Night Owl Publishers Pty. Ltd., Box 900, SHEPPARTON 3630.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

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At the moment Geoff has a full time job (not really what we want) but we hope to save a bit of money and then high-tail out (with 3 horses, 4 goats, dogs, ducks and chooks) to an area of down-to-earth people where we can stay 'saner' and have our 'opinions' that will be admired and not ridiculed. There must be other readers with the same experiences as us. Hope they say 'no' too!.

Alison and Geoff Dodd,
C/- Post Office,
NAGOORIN 4680.

Dear Grass Roots People,

I am urgently seeking a young lady or mother to join me in sharing a large house, rent free, in the Warrumbungle National Park, N.S.W. The house has twelve rooms and all facilities and a large vegie garden. I am in my late twenties and work for the National Parks, so if you are a nature lover type of person and have always wanted to live in a national park, I would love to hear from you.

T. Storrs,
National Parks & Wildlife Service,
P.O. Box 39,
COONABARABRAN 2857.

Dear Grass Roots Readers,

We are a young couple at present living in Melbourne, but with a view towards buying a small amount of land in the country where we can work it and become as self-sufficient as possible. We have the Ballarat-Bendigo region of Victoria in mind, as the cool moist climate suits us and the majority of plants we intend to grow are suited to that area. We would really appreciate any advice or information from people working on the land on any scale in this general area; specifically with regard to soil quality, water, climatic extremes, crops, grazing and power. However, our final decision in favour of this area is not yet a firm and unchangeable one, so we would love to hear from anyone, anywhere in the state, about the 'pros' and 'cons' of different places.

Geoff and Amanda Gartian,
Flat 4/16 Woodvale Gve.,
ESSENDON 3040.

Dear Readers,

Perhaps the following will be helpful to Peter Fischer (G.R. 25) regarding ragwort eradication. Pull the stems out (bagging flower heads), then place a large tablespoon of coarse salt onto the raw flesh of the remaining plant. We've found this to be quite successful when farming in Victoria.

Now a request. Does anybody know of herbal remedies which are helpful for my six year old son who suffers from asthma?

Diane Piera,
C/- P.O. Box 238,
PT. AUGUSTA 5700.

Dear Grass Roots Readers,

I'm writing in the hope that someone out there may be able to help us find a place we can all our own and be at peace.

We are a family of five (aged 35-5) at present renting five acres in a beautiful valley near the Central Coast of N.S.W. We found years ago we were unable to settle in the suburbs and have travelled Australia for the past eleven years trying to find our niche in this wide country. Usually we find that due to rises in rent or lack of work we need to move on again and the same is happening once more — our rent is to be raised beyond our means.

We are semi-self-sufficient — have livestock and vegies, make all our own clothes, have various crafts and interests and would like to rent an acreage with view to later purchase. We're more than willing to make necessary repairs to a property and are just looking for a 'square deal'.

If you can help please contact us as soon as possible.

Jan Keith & Co.,
R.M.B. 924,
Dooralong Road,
DOORALONG 2259.

Feedback Link-Up Feedback

Dear Folks,

I am travelling slowly through N.S.W. to Qld. by horse and covered wagon. I would welcome contact with G.R. people and share ideas with other 'horsey' people. Look for the G.R. sticker on the tail-board.

Tony Wharton,
C/- Lot 8 Kirkham Road,
BELGRAVE SOUTH 3160.

Dear Grass Roots,

I wish to get in contact with a woman with a child or children to help me establish a small island where I hope to become as self-sufficient as possible. At present I work in town and go home at the weekend, but I want to give the town work away and live at home. I am sober and a non-smoking bachelor. I love children and want someone to give me a meaning to life and also have someone of my own. I am very lonely at times and shy. I am no oil painting but a hard worker and have very deep feelings. At present things on the island are a bit primitive but can be made beautiful. I have a garden ready for planting but cannot grow much until such time as I am there permanently.

Kevin Knight,
Private Mail Bag No. 10,
Post Office,
GLADSTONE 4680.

Dear Grass Roots Folks,

We were going to build in mudbrick on our acre at Stroud, but the council has said, 'No way', so we're now looking at the possibilities of stone, hoping they won't say no to that. Would *anyone* with *any* advice or knowledge on stone building, please write and help us out, also any books recommended? All letters will be answered and gratefully received.

C.M. Heining,
P.O. Box 232,
NELSON BAY 2315.

Dear Grass Roots Readers,

I am a 19 year old female living in Palmerston North, N.Z. I am working in a nursery at the moment but find the regularity of a forty hour week on a large scale nursery, impersonal and unrewarding. I would like to continue working on the land and am hoping someone might be able to help me find a position on a self-sufficient unit anywhere in N.Z. I have worked on a sheep farm for a year so have some knowledge of animals and would like to learn a lot more about organic gardening. If anyone could please help me, I'd be most grateful.

Kathryn Anstis,
137 Heretaunga Street,
PALMERSTON NORTH N.Z.

Dear People,

We are building a 36ft. ketch,with hold capacity of about 4 tons. The vessel is suitable for carrying general cargo, equipment, stores, produce and suitable for fishing, trade and barter of goods. We are sure there must be groups or individuals who would prefer to use this wind powered form of alternate transport. We are not looking to become shipping magnates, but to join together with a community and provide a service to several. We would love to have feed-back from communes, communities and individuals on the Australian coast or rivers, who would appreciate us providing transport from wool clip, household goods, timber, hay, rice, tea, diesel, sheep and goats to bananas.

Paul, Josie and Mark,
269 Old Warrandyte Road,
NTH. RINGWOOD 3134.

Dear Friends,

I have recently completed a degree majoring in mathematical physics and pure mathematics, with honours in pure mathematics at the University of Adelaide. Since I completed my degree I have been unable to find full time work. I am particularly interested in research and development of appropriate technology. I was wondering if any Grass Roots readers run a business in this field and if they would be interested in having a keen enthusiastic employee.

Apart from academic qualifications I like reading, writing prose, classical and folk music, gardening (organic), walking, bicycle riding and animals (vertebrate).

Please write to me if you are interested and I will forward further details.

Ilsa Holdsworth,
298 Carrington Street,
ADELAIDE 5000.

Dear Grass Roots,

I am just starting and I am interested in swopping seeds of any type but particularly herbs.

Mrs. Julie Bellchambers,
C/- Post Office,
TANNUM SANDS 4680.

Dear Grass Roots People,

We are a family of six — my wife, Lynne, Mark (6), and triplets who are 3½. We are in the midst of selling our suburban ¼ acre to buy our 30 acre block in the south of Western Australia. We hope it will have water and a few acres of natural vegetation. We plan to build our mudbrick home and run a few stock, goats, sheep, chickens and ducks. If anyone knows of a block that may need this family, we would love to hear from you. We will spend up to $35,000.

John O'Brien,
72 Colin Road,
SCARB 6019.

Dear Folks,

I am at present 'paying my dues' working in the city to pay off a glorious bush acreage near the Wattagan Forest west of Newcastle. It would be great to hear from other people nearby also interested in permaculture, organic gardening, mud brick housing and generally a more rewarding lifestyle. Also I'm planning on visiting Tasmania in March '82 and would appreciate hearing from anybody willing to offer accommodation for a night or two in return for work around the property.

Ken McHugh,
31 Glenview Street,
GREENWICH 2065.

Dear Grass Roots Readers,

Peter and I have been spending the past nineteen months travelling through Asia and Australia. We're feeling a bit weary of cheap hotels, rick-shaw drivers, caravan parks, etc. and we're now back in eastern Australia and want to check out what alternative lifestyles are available for us and suitable to us as we are not prepared to rush into anything and want to take our time looking about. We have a camper van and can virtually stop and live anywhere as long as there is fresh water available. We are vegetarians and exclude all processed and preserved foods from our diet.

What we would like to do for the next few months is to give people a hand on their properties. We won't ask any wages — just our keep. We're not extravagant, so keeping us would be no hardship. We don't want to rush into buying land, then find we don't know what to do. Frankly, we need experience at being alternates. We're both willing and hopefully, able, to help out some Grass Roots readers. I'm keen on cooking and Pete's pretty good at playing guitar, chopping wood etc.

If anyone is interested in our help, or have suggestions to make to us, please write to my mum's address in Canberra. Right now we're on the Atherton Tableland in north Queensland, helping out some friends.

Chris and Peter Koorey,
C/- 52 Jennings Street,
CURTIN A.C.T. 2605.

Feedback Link-Up Feedback

Dear G.R. Readers,

We have 40 acres near Gympie, Qld., but for various reasons, are unable to live there all the time. We thought there may be a Grass Roots family somewhere who would be interested in living there and farming the land in return for a share of the profits. As yet the power is not connected and we are still in the process of organizing water, but there is a small dam and a 5,000 gal. tank that just needs a stand before we can have it filled. There is a good set of yards and we have hopes of eventually having some calves — and other animals, too, of course. There is no house but Mary and the kids have lived there in a 20ft. caravan and would like to continue doing so from time to time. We are thinking in terms of a family with a caravan but are open to suggestions. For people with kids, there is a primary school approx. two miles away (school bus from our back gate) and a bus service to the high school at Gympie (20 miles). Our daughters are 10 and 12. We'd like to hear from anyone interested in our idea but definitely no-one who drinks or takes drugs, please.

Mary and Lindsay Gear,
C/- Post Office,
GUNALDA 4570.

Dear Friends,

I'm a single bloke in my early thirties. Does anyone have some land for sale on the north coast of N.S.W. between Macksville and the Border? I would be interested in a 'share' situation if free to come and go — that is, not tied down to Co-op. duties.

Permanent water and good soil are my main needs, electricity or access to it would be preferable. I would like to be close to people who share my interest in permaculture and love for the natural environment. I am a vegetarian with experience in farming, organic gardening, primary and secondary teaching, clerical/accounting plus two years as a jackaroo in N.S.W. and Queensland. I am presently working at the Environmental Centre in Canberra. I will be heading north in December and will then have about $3,000 in cash but will be selling my house to raise additional funds. Hope to hear from anyone with land to sell or available shares.

Martin Wilkinson,
27 Gilbert Street,
HACKETT A.C.T. 2602.
Ph. 062-491-668.

Dear Grass Roots Readers,

I am wondering if you have information as to where I can buy a kerosene incubator, as we have no electricity. It need only be a small one — just to hatch about two dozen chickens at a time.

N. Boswell,
Post Office,
HIDDEN VALLEY 4816.

Dear Folk,

We are a young couple (23-24) and have spent the last two years out here, 170 miles north of Broken Hill. I work as station-hand and Mara teaches my boss's daughter by correspondence. We have several horses and after a year I have finally finished my first sulky building project.

This station is of average size (190,000acres) and the stock seem to be continually battling nature's harsh environment here, with which they are faced. Our idea was to work here to save money, plus I enjoy this totally untamed wilderness. However, the lifestyle and people, like Grass Roots readers, are missing. We intend to purchase a block of land on the north coast N.S.W. (70-400 acres). We would consider buying with other people and split the land up. If this fails us, we would love to hear from anyone, anytime, who could help us find work on the land in that area — shelter for us and somewhere to put our horses would be necessary. I am fully conversant with stock and land care and would be happy to work part-time for our keep until something turns up.

Bruce Ambler,
Moorabie Station,
via BROKEN HILL 2880.

Dear Folks,

We are a young couple with a boy toddler and another on the way. As of late we have been living in a community situated in bushlands east of Glenn Innes which is really beautiful and has heaps to offer. However, we are finding it hard to recover from a low state of physical-mental-spiritual energy while coping with the basics of survival, children and getting a place set up from scratch. We hope that someone out there can help us to find a house somewhere in the country with a few conveniences. Water on tap is the main commodity (hot if possible). There are a number of things I'd like to find in the house we choose — of course we would be lucky to get everything. A bath tub would be wonderful and electricity handy but definitely not essential. We are looking for an old style house, possibly with a fireplace and verandah with a bit of space around it — a few acres would do — people nearby and public transport somewhere in the area as we do not have a car.

Tony is into music and wants to find people to jam with and as I'll be wanting a midwife, we can't be too isolated. Anywhere in Australia would be O.K. as long as the land isn't really dry and bare. A creek nearby would be really ideal. We can't afford much rent — perhaps someone has a place that they're interested in sharing?

Tony Yeates,
46 Albert Street,
HORNSBY 2077.

To Bev (G.R. 23),

Bev you had a suggestion to Jenny of Fairfield about having sufficient from 25 acres. We have 40 acres with 500 fruit trees, also we grow our own vegies, have sheep (30) for wool and meat, honey, ducks, fowls — crossbred and pure bred — geese, fancy game birds (pheasant, peacocks and Guinea fowl) as well as 3-4 acres of grain crops each year. We still have found it virtually impossible to be self-sufficient in terms of money (we both are teachers) for the following reasons:

a) Local shops are not interested in buying fresh fruit and produce. Most buy in Adelaide — one reason told to us (we grow mainly oranges) is that customers will not buy oranges unless they look 'pretty' with that shiny surface which has been sprayed with wax and that they like apricots all the same size!

b) Dried fruit was too dark because it is preserved naturally.

c) Honey was in too small containers (they prefer the large bulk ones) and most of the customers prefer Blue Gum honey (ours is mainly orange blossom and River Red Gum).

d) Eggs can't be sold unless you have a licence.

e) Poultry (live) is bought too cheaply. One local shop bought some from us and put a mark-up of 150% on them! One person even complained that our pullets at ten weeks were not as large as those down the road that were fed on hormones (ours are free range and not in cages).

I could give you more examples. At the moment I really feel that it is impossible for us to live entirely from our property although it has the potential.

Lynne Rowe,
Hectors Gardens,
P.O. Box 245,
PT. PIRIE 5540.

Dear Folks,

I'm searching for one or two readers, no matter if male or female, wishing to correspond with a guy (that's me) from West Germany. My age is 22, but I'm not really sure, because — ah, you'll get the answer if you write to me, then I'll tell you.

If you're ready to write me and teach me some English words — start the game! See ya!

Walter Dederichs,
Palanterstr 15,
5 KOLN 41,
WEST GERMANY.

Feedback Link-Up Feedback

Dear Grass Roots Folk,

I have been reading your magazines for two years now and between my mother and myself, we have been able to collect all Grass Roots magazines except about three. All are constantly being read and re-read by the family, many times over. Over these two years I have realized that I really want to live a 'down to earth' lifestyle.

I am a 20 year old Christian and would love to know of any other Christian people who dream of this kind of lifestyle because none of my friends are keen on this idea and I'd love to talk or write to others along this line. Also I'd like to hear from any Christian people who are living this way so that I may be able to spend some time with them on weekends or holidays to learn more about self-sufficiency.

Miss M. Walz,
Princess Street,
DRYSDALE 3222.

Dear Friends,

We are a couple of 'oldies' living G.R. style as far as suburbia will permit. We grow most of our own fruit, vegetables, herbs and sprouts, make our own muesli and yoghurt, etc. and consider ourselves fairly self-sufficient.

Since discovering your magazine a few months ago, we look forward to each issue and have already been able to help some readers with their queries. For David and Alison Yoeman, who are having trouble with tomatoes and sweet corn. There is no cure for fusarium wilt in tomatoes (they should be pulled up and burnt), though a good tomato dust will often stave it off. Black spots on the bottoms of the fruit is invariably caused by uneven watering; the plants have been allowed to become dry at some stage. Sweet corn is pollinated by the wind and the answer to unfilled cobs is to plant in a solid block, not just single or two row beds.

Simple cure for hiccups — take a teaspoonful of vinegar. I've never known it to fail. Even the most violent spasm can be checked with a second spoonful.

Mary Simpson,
2 Yeramba Place,
BUDERIM 4556.

Dear Grass Roots People,

We are a small group of alternative seekers wishing to live a life which is not overpowered by the materialism, advertising, social isolation, sexism, intolerance and general personal alienation and indifference which we see around us. We have had experience in the personal growth, development and communication field, but lack many contacts here who share our value, systems and ideals.

Our interests include, real communication and closeness between **people, sharing experiences, ideas and plans; quality, caring relationships with kids (along extended family lines), simple living, care** of our environment and learning more about other options in lifestyles, activities and particularly people.

We are definitely interested in hearing from people, families, etc. anywhere, and particularly in our own general district. Middle-class dropouts and armchair revolutionaries welcome.

Serrick-Waxton Group,
10 Delville Street,
HORSHAM 3400.

Dear G.R. Folk,

Can anyone help us with a remedy for sandfly bites and the resulting infection and irritation? Some of those young ones who have moved up north near the border beaches must have some answer to our problem.

J. Jackson,
P.O. Box 122,
CURTIN A.C.T. 2605.

Dear Friends,

In answer to Judie and Grant Finck on the subject of birds taking all the fruit from orchards, there is a suggestion in *The Mother Earth News* almanac to plant a few berry bushes to distract the birds. It also suggests coiling two or three toy snakes around the top branches of each tree.

For readers wanting to know how to make toothpaste from eggplants *Another Way of Living* by Jacques Massacrier gives this recipe. Cut an eggplant into small cubes, wrap each cube in aluminium foil and cook on cinders until they are soft and black (30 minutes). Pulverise the cubes and mix them with an equal quantity of sea salt and clay.

Now, for shelling sunflower seeds — I found this method in a recipe book. Although it's somewhat time consuming, it's fairly satisfactory.

Into a blender put approx. one cup of seeds. Blend them at slow speed for a few seconds or until most of them are cracked — not too long or they'll pulverise. Next, empty the lot onto a flat plate and *gently* blow into it while shaking, to get rid of most of the empty husks. Now, tip the remainder into a container and almost fill with water. The seeds will sink and the husks float. Skim off the husks. I usually put these in the blender again (when dry) as it's mostly seeds which weren't properly hulled or you can feed them to your birds.

Anna , Ross & Jesse Kirley,
Victoria Lake Caravan Park,
SHEPPARTON 3630.

Dear Grass Roots Readers,

I am wondering whether any G.R. readers can help me with these queries:

a) Some recipes for preserving in honey. I'm after jam, pickles, preserves and cordial recipes — we have our own hives. I have looked through *Putting Foods By* suggested by Irena Zuminski (G.R. 23) but found these were mainly sugar ones.

b) Have you any ideas about how to organize a country produce market. We have found that we have excess of everything (honey, eggs, poultry, jams, pickles, wool, etc.) and no way of selling them. Local shops are not interested but I'm sure that people would be glad to have fresh produce if, in our area we could have a regular market.

c) How should we go about setting up a 'goose farm' in our area. We already have a basic flock of about 65 birds but would like to know other reader's thoughts about selling and marketing of live and dressed birds.

I would be grateful for any ideas and suggestions to my queries. After three years on our place we are still trying to find a way of opting out of a regular 9-5 job but have found this very difficult because of commitments needing money.

Lynne and John Rowe,
Hectors Gardens,
P.O. Box 245,
PORT PIRIE 5540.

Dear Readers,

I would like to hear from any persons who are working and living for the day when they can make the move onto their own piece of land. I imagine this new lifestyle would be a growing experience of living in harmony with nature and working in co-operation with other, resulting in a greater sense of security and meaning from the things one did.

Kurt Ruzsicska,
2/207 Spence Street,
CAIRNS 4870.

Dear Readers,

Another sure cure for unusually large warts. Cut a thin slice of garlic, place it on top of the wart and cover it for two weeks with a band-aid. After this period, clean the area and allow to heal — gone forever. You'll never even see where it was.

Monika Ahlquist,
Phillip Street,
EMU PARK 4702.

Dear Readers,

Could you please tell us if there is an organic cure for nematodes? We have read that the leaves of a particular tree spread on the ground or dug into the soil do the trick, but we don't know *which* tree!

Cathi Lewis,
16 Bruce Street,
ALICE SPRINGS 5750.

Feedback Link-Up Feedback

Dear Readers,

One of my reasons for writing is that I'm interested in another kind of roots, besides Grass Roots! My family roots!! Yes, I'm a genealogist, tracing both sides of my parents family tree and there probably are readers out there related to me, or someone with helpful information. Any information no matter how small can be so helpful in this never-ending jigsaw.

One line I am very anxious to complete is a line of "West" in Australia. They are from the Sackville-West family, Knole Castle, Kent, U.K.

As far as I know, the line started here with Thomas and Fanny West. They arrived here in 1853 on the S.V. 'Una'. With them were five of Thomas's six children from his first marriage (wife unknown to me, so far). Those six children are:

William Alfred born 1841 or 1842 U.K.
John James born 1843 or 1844 U.K.
Phoebe Ann born 1844 or 1845 U.K.
Eliza Matilda born 1846 or 1847 U.K.
Walter born 1847 or 1848 U.K.
Mary Elizabeth born 1848 or 1849 U.K.

Thomas's six children from his second marriage to Fanny (nee Chandler) are:

Charlotte Una born 1852 Aust.
Thomas born 1854 or 1855 Aust.
Henry born 1856 or 1857 Aust.
Charles George Chandler born 1858 or 1859 Aust.
Hannah Maria born 1860 or 1861 Aust.
Fanny Rebecca born 1863 or 1864 Aust.
George Chandler born 1866 Saltwater River, Victoria.

George Chandler West married Emily Esther (nee Tucker) in 1885 and their seven children are George, Mabel, James Alfred, Jack, Emily Esther, Alfred Thomas, and Thomas Charles Henry.

Emily Esther's (nee Tucker) parents were James Francis Tucker (tallow smelter) and Sarah Ann (nee Stubberfield).

The other family names I'm tracing are the Samuel Thomas Dodd line — Plymouth U.K., Henderson — U.K., Charlton — U.K., Breuninger — W. Germany, Raeck — Sweden, Kernich — Germany or Sweden, Coats — U.K. (the cotton manufacturers), Cove — U.K., Chandler — U.K. and Dobson — U.K.

My other request involves Christian names. As if family names aren't enough, I'm compiling a book of Christian names and their meanings. I would especially like to hear from people with unusual names and how they came about. I have thousands and thousands of names but as yet, they are not ready to be published. Likewise if anyone is expecting I can send a typed copy for $2.50 post free.

Last, but not least, I would like to have a penfriend from the N.T. — a girl like me, around 20, who loves the country and outback, interested in the aboriginal cultures and people. Any race or aboriginal most welcome.

Cherie S. Dodd,
Box 183,
ANGASTON 5353.

Dear G.R. Folk,

About David and Allison Yoeman's tomatoes that get black patches on the base. It is blossom end rot and is caused by uneven watering — the ground around tomatoes must never be allowed to dry out — a good mulch is the best answer.

Hugh Osborne,
4 North Street,
MOUNT COLAH 2079.

Dear New Grass Roots Friends,

I read a copy of Grass Roots in the Inala Library and thoroughly enjoyed everything I read in it. I thought all the letters from readers extremely interesting. Everybody seems so lively and full of fun. I am going to buy it from now on as I feel it will be very helpful to us. We have a four acre block of land and we always believe in growing things organically. I particularly like the articles about mud bricks and building with them. Our present house is fibro and is rather badly designed and really not suitable for extension. We have seven children aged from 16 down to almost 7. I am going to write to some of the addresses in the magazine and I would be very happy to receive letters from anyone who wishes to write to me. I am interested in writing to people and have pen friends in Amercia, Canada, England and I was born in New Zealand. One of the books I loved in early life had a profound influence on me because I left New Zealand, came to Aussie for a working holiday and married and had 'Seven Little Australians.'

Gardening is another interest besides tapestry, crochet, patchwork and macrame. Next year I hope to try copperwork and bark painting. I also like sewing but don't find much time to do it.

Our stove is a wood stove and I'd appreciate advice from any ladies out there who have successfully baked pastries and breads and the like on a wood stove. Also we'd like to hear from anyone who has successfully managed to combine a solar hot water system and a fuel stove as opposed to having an electric booster on the system.

Shirley Svensson,
Lot 18,
Dickman Road,
ACACIA RIDGE 4110.

Dear Everyone,

In reply to Elizabeth Streeter, of Cockatoo, in G.R. 26 about natural birth control. I have just bought a book *A Co-operative Method of Natural Birth Control* by Margaret Nofziger, published by The Book Publishing Company, Summerton, Tennessee. I can't personally vouch for it as I've only just bought the book. However, a couple of people have told me it works and after reading it I have no reason to think it wouldn't. Anyway it combines rhythm method with two other natural methods, making it fool-proof if followed strictly. It costs around $6 and your bookstore should be able to order it for you. I bought mine from a shop that sells new-age books — maybe you'll have to go to that sort of a place for it.

Now for a query. I have twin boys aged two years four months and one of them has persistent nappy rash which irritates him. As they are at toilet training age they wear nappies only at night and when we go out, but still the rash persists. I have tried creams from the chemist and one the doctor prescribed, none of which worked. Does anyone know a natural method that works?

Trina Smythe,
17 Lake Street,
ANGOURIE 2464.

Dear People,

I think the magazine is doing a great job keeping people all over Australia in touch — I don't have to say how important are the articles. While reading through past issues I have been amused by the variety of bread making recipes. I am used to arguing good humouredly with friends over who makes the best bread — needless to say mine is the easiest to make and the best to eat. I feel for those folks who write for help re breadmaking, when it can be so easy.

I have been living in country Victoria again, for the past two years and am gradually easing into self-sufficiency. Each step seems to bring more satisfaction — a feeling of real freedom and purpose. I have recently purchased 120 acres of beautiful bush at Carlisle River, 20 miles from Colac. I intend to clear the minimum bush necessary for self-sufficiency. I would like to hear from any family or unit who might be interested in a half share of the bush (about $12,500).

I would also like to hear from any female who might like to share my lifestyle. I am 38, separated for three years, non-smoker, very healthy and am enjoying life immensely.

John Barton,
BARONGAROOK 3249.

Feedback Link-Up Feedback

Dear Grass Roots,

I am writing in response to Carolyn, Surrey Hills, Vic. (G.R. 25/81) who wanted to know if she could grow her own yeast to use in bread making. Try sourdough. I've had a starter going for almost one year now. The starter is the natural fermentation which acts as the leavening agent. It can be made from flour and water or from food which has fermented. The starter is kept refrigerated and should be used every week or ten days. If I don't use it within that time I add a spoonful of sugar or some fermented food to keep it activated.

My recipe is based on that in the *Tassajara Bread Book*. (I halve the quantities of the sourdough bread recipe). I usually make a batch of bread over a period of two days. First make a batter, using a cup of starter. Leave overnight. The next morning return a cup of the batter to the starter. From here on, the process is exactly the same as for bread made with baker's yeast. Make the dough. Leave it to rise in the tins for 2 hours or more. From one batch of dough I can make one loaf, a raisin loaf and a pizza or a quiche crust. The other day I made two loaves and a walnut cake.

Another useful reference on soudough is a booklet by Hildegard Pickles, *The Pristine Loaf: the therapeutic benefits of sourdough bread with recipes.*

Jan Stewart,
5 Park Cres.,
FAIRFIELD 3078.
Ph. 03-481-5416.

Dear Grass Roots People,

We are a couple in our mid-thirties with two children (girl 12 and boy 10). We've bought a quarter share in about 170 acres of beautiful land quite close to Walpole, W.A. A second share in the land is owned by a hard working very capable single guy of similar age. Like us, he is at present in Perth working to pay off his lot. On moving south our survival ideas aren't very concrete but we hope to get by on subsistence farming coupled with some craft work as a 'cash crop.'

The other two shares are available for sale (on a non-profit basis). Our main priority is to have people with children (preferably aged around 10-12 years). The land is of adequate size to support and provide 'room' for four independent families and we are concerned that everybody's privacy should be respected.

The area already boasts a loose but thriving 'alternative' community that is respected and well liked by the 'straight' fames in the area.

The cost of a share would be around $13,000 (which is quite a bargain) with electricity available if you want it, for a further $200 odd.

We would be happy to send anybody interested more details and in particular a copy of our 'rules of conduct' (which is legally binding on all shareholders).

Yava and Luda Korczynskyj,
C/- Post Office,
WALPOLE 6398.

Dear Friends,

We feel at one with many of you and although the power of the pen brings us all closer together, we would really love to meet you, be and share with you.

We will be slowly peddling through north coastal areas of N.S.W. and a bit of Queensland around the middle of 1982. If any of you would like to meet us, let us know and if you might be in need of some extra hands, we would also like to help if we can. We'll answer all letters.

Meri and Peter,
4 Sixteenth Street,
GAWLER 5118.

Dear Grass Roots Readers,

Do any of you know about the 'Drinking Dug Pump'? Some friends gave us a plan for this pump and they told us it would work but we haven't enough technical knowledge to instal it. It works with solar energy. Does anybody know if this pump is working anywhere in Australia? We were told it was developed in South Africa. We would appreciate any details.

I am also interested in growing a kind of mountain rice and would like to know where I could buy the grain.

Monika Mertiny,
'Bauhinia',
COPMANHURST 2460.

Dear Grass Roots,

Apart from the items in G.R. Nos. 12 and 14, can anyone help with more information of tipis and suppliers, please?

L. & C. Wiltshire,
C/- Post Office,
MANJIMUP 6258.

Dear People,

We wondered if you could thank Maureen Wright for us, who wrote the article in No. 23 about 'Solar Hot Water — Wood Fire Booster.' We had already adapted this idea of heating water before reading the article and it was great to see someone else with the same ideas and thinking. Our solar ponds are on the roof with our box stove in the familyroom-kitchen to keep the house warm. The water storage unit is in the roof and a kettle is on the stove for that quick cuppa! We also have a wood hot water heater in the laundry for very cold winters when the sun stays in and the small stove doesn't work hard enough. I love my hot water!

Mark's only problem was Christmas Day 1979 when we came home to find the family room flooded because the hot water storage tank had burst from one solar panel on a hot day. We put in a new ceiling and started again with better luck. We are very interested in the mirror idea but wonder if it would be practical up here as we have so far had one shed blow away and two damaged in three years.

With our first baby due in January, we can sort out our hot water needs before the winter comes back. The other great development has been our water — it is now fresh and drinkable, unlike the bore which had a lot of calcium and other tastes in it. At last we can drink the water out of the tap and not have to go outside for it!

Verena & Mark Beetham,
'Beetham Manar',
Aitken Road,
WANDIN EAST 3191.

Dear Readers,

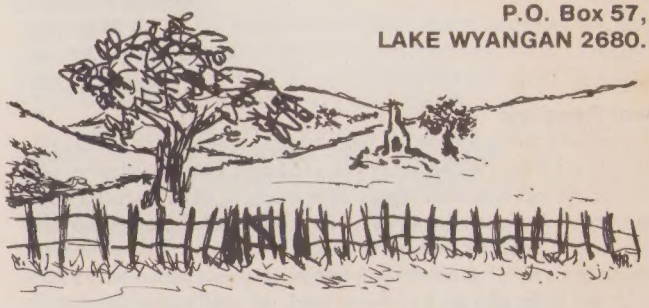
Jose and Don Robinson had a query about pyramids in G.R. 25. A really good book is available but I had to wait several months to obtain it, as it comes from America. The copy I ordered direct came as quickly as that ordered through a bookshop. It is *The First Practical Pyramid Book* witten by Norman Stark. Write to Sheed, Andrews and McNeel, Inc., 6700 Squibb Road, Mission, Kansas 66202.

An example of measurements taken from the book are as follows:

Slope Lines	Pyramid Height	Base Size
107⅝ins.	72ins.	9ft 5in x 9ft 5in
$89^{11}/_{16}$ins	60ins	7ft 10in x 7ft 10in

Alignment must be to true north and the slope angle 51°51ft between the centre line of any face of the pyramid and the same centre line of the floor.

Fay Stevens,
P.O. Box 57,
LAKE WYANGAN 2680.



Feedback Link-Up Feedback

Dear Women Readers,

In 12–24 months a modern, two bedroom house will be available for rent in a modern town in western N.S.W. Produce could be grown in the back garden as there is an ample water supply. It is only available to a married (or defacto) couple. Think of it! Good accommodation at only $18.00 per week. Does anyone want to marry me? (Legally or defacto). I'm 23 but really, I'm just looking for a co-tenant.

A. Campbell,
P.O. Box 392,
PENNANT HILLS 2120.

Dear People,

I have a very small problem and am wondering if a reader may be able to solve it for me.

I live on the Atherton Tablelands via Cairns in northern Queensland which is a picturesque country village. I live there in a three bedroom house, which is not pretensious but very attractive, with my husband and two (twins) beautiful foster children and have done so for the past seven years. But I am home-sick for Melbourne, which is my home town.

What I had in mind was perhaps a reader who lives in Melbourne and may also foster children, would be interested in exchanging houses for a holiday, for myself, husband, and the twins. We would have to leave the cat and dog at home but would be willing to care for same in return.

Betty Martin,
6/Tenth Avenue,
ATHERTON 4883.

Dear Grass Roots People,

I am planning to go to New Zealand and I want to visit some farms amongst other places. If there are Grass Roots people in New Zealand who would not mind a visitor I would love to hear from you. Also I am interested in taking my motorbike with me, however it appears this idea may be rather expensive and involves complications e.g. customs, trip-tickets. Any suggestions?

Miss K. Pietersz,
18 Fakenham Road,
ASHBURTON 3147.

Dear G.R. People,

We are two students (26 and 30) at the N.S.W. College of Natural Therapies in Sydney, who are finding living in the city pretty hard going. Next year (from Feb-March) we hope to rent a place with a bit of land in a more rural area and establish a household that is at least partly self-supporting if not self-sufficient.

Our major limitation is the need to attend college three days a week. Train commuting we can handle, and so we would be looking for somewhere on the railway within an hour or so of the city, and some people with which to share.

The other alternative is to move further out and find a big room to share in the city for two nights a week — perhaps with people who come to town on weekends!

We would much appreciate hearing from anyone who knows of a property or has vacancies coming up in their existing household, or anyone who would be interested in looking for a place with us.

Debbie Preston,
Phil Maxwell,
4 Kangaroo Street,
MANLY 2095.

Dear Readers,

I am wondering if there is a landowner(s) or some kind person who can help me. I am a woman of 29 years and have a six year old son, a cat and dog. I do not wish to be separated from any of them. For some time I have been wanting to work and live off the land but being on my own and with limited capital it is near to impossible. I have a caravan and a vehicle of my own. I do not drink or smoke and do not particularly wish to be around those who do. I can work hard, but need school facilities for my son.

Is there a family or single person who needs a housekeeper or just a labourer on their property (what I don't know I'm willing to learn) in exchange for food and lodging if the caravan will not fit in.

I live south-west of Rockhampton, but at this stage I wish to remain anonymous for obvious reasons, so could any genuine person(s) who can help me please reply to Margaret, P.O. Box 18, MANUNDA 4870. All replies will be answered.

Dear People,

I will be taking some time off this winter to look into the prospects of building a mud brick house. I would like to make contact with people who are building and may need a hand and those who have built and would like to share their experience and friendship.

Those people interested and who live in the Blue Mountains, Gosford or areas of a similar distance from Sydney could contact me on Sydney 621-2670.

Gary, Antoinette and Aaron.

Dear Readers,

I would like to venture out and build a small place of my own, on my land, and I am wondering if anyone out there could advise me on my problem.

Living in the mountainous region of Bathurst, I would like to use the stones on the land, in particular the sandstones. I intend to make the foundations 60 cm deep by 35 cm wide, filled with stone and cement. The walls would follow in a similar way i.e. a mixture of cement and stone, corners being done in cast cement. I would finish with a 3 cm thick plain cement roof, with reinforcement. The finished room would be 4m long by 3m wide and 2.5m in height, allowing for a small window and door.

Now for the problem. Would this place be strong enough, simply left this way? Or should I add reinforcement in the walls and in the foundations? Any takers?

G. Pascal,
P.O. Box 272,
EPPING 2121.

Dear G.R. People,

I am wondering if any readers can help me with some kind of a press, suitable for extracting oil from nuts and olives and also for cheese making. Even if I could have some information on where to buy one, or who manufactures them nowadays, I'd be very grateful. Also I need a couple of flat irons, if anyone can help out there.

(Mrs.) Val Amor,
10 Bargo River Road,
TAHMOOR 2573.

Dear Meg and David,

Could I take up a few lines in your splendid magazine please to ask a favour of your readers?

Over the years I have studied people who go without shoes and I have come to the conclusion that such people are warm, affable and out-going, but not extroverted. They go without shoes for a variety of reasons, but the most common ones would be that they hate having their feet 'imprisoned' by shoes and more importantly they love the feel of the earth beneath their feet.

I am sure many of your readers go without shoes fairly constantly, for these and many other reasons. I am endeavouring to write a book on the subject and would love to hear from people who go without shoes all the year round. If they would write to me initially saying why they go barefoot, how long they have been going without shoes and if applicable, if they have been employed where they could work barefoot, it would be most helpful. No identifiable names will be used in this book. I look forward to hearing from many Grass Roots readers.

Peter Green,
P.O. Box 108,
INGLE FARM 5098.

Feedback Link-Up Feedback

Dear Friends,

We are starting a large organised community on a beautiful property of 5,700 acres situated in Southern Coastal Queensland. The land encompasses all types of terrain — there are mountain ranges with rainforests leading down to sloping bush with tall gums and other pretty trees with small rocky outcrops. There is one main creek meandering through the property and a few tributaries. Palms and ferns are an excitingly beautiful feature. We are selling 100 shares of approx. 50 acres each for $5,000. We envisage commencing a community school, health centre, food co-operative, etc. We also have plans of the community environmentally developing the local coastal resort to enable us to keep ourselves monetarily stable without having to rely on Government Social Security.

We are definitely more interested in people who wish to evolve spiritually and in harmony with the natural environment. We feel that it would be pointless to create a replica of the society that we are removing ourselves from, therefore our goals have to aim at a higher level of consciousness obtained through positive and peaceful living habits. Children's development has a high priority so the establishment of a school would be one of the first things to concentrate on.

If you are interested we would love to hear from you so please write enclosing an S.A.E. to:

G. Heron,
61 Moorooduc Road,
MOOROODUC 3933.

Dear Folk,

Several members of our Gippsland Self-Sufficiency Group make our own soap but we have not been able to find a recipe for a transparent type glycerine soap. If anyone could help us with a recipe we would be very grateful. For moulds I use the plastic shaped containers that bought biscuits come in. My friends who are not into self-sufficiency provide me with the containers. Duck egg shells also make novel moulds. I have also used plastic egg cartons which make attractive guest soaps.

I have made myself a pair of cowhide boots from a pattern in *Craft Manual of North American Indian Footwear* by George M. White. I would like to put a sole on them like the soles on Ug boots. Does anybody know where I could obtain these soles?

An even simpler way of stick spinning than in G.R. 27 is to use a knitting needle, a piece of dowel or a smooth stick. Rotate the needle between your thumb and first finger at the same time rotating your whole hand from the wrist and feeding the wool with your other hand. Fill two sticks and then us a third to ply your wool directly from the first two sticks, rotating your wrist in the opposite direction. Sound complicated but it's easy once you get started.

Pam Pratt,
R.M.B. 4210,
COALVILLE via MOE 3825.

Dear Grass Roots Readers,

Cashew nuts off the tree need to be treated before they can be eaten. Has anyone the recipe?

Also I am looking for a recipe to pickle gherkins.

Maureen Kozicka,
'Lakeland',
Private Bag,
CAIRNS 4870.

Dear Other Interested Land Buyers,

A message for Steve Bland (G.R. 27) and his six shareholder friends who are negotiating to buy some land. Why not set up a proprietary limited company and (within certain limits) you can set out your own articles and memorandum of association of that company i.e. how the company functions.

May I make a suggestion that one of your rules would be that voting at the company meetings would be by 'one shareholder — one vote', irrespective of the size of his or her share holding.

If you get more shareholders in during a difficult financial time (in order to carry on, and these shareholders are silent) i.e. do not live or work on the property, you *may* decide to allow them to voice their opinions at the meetings, but not have a vote.

The original capital raised by you all could be allocated as preference share. You may all agree not to sell or issue any more preference shares. The money that you each put into the upkeep of the property could be classed as ordinary shares.

The preference shares would have first call on the sale figure (should the property be sold) up to the amount that was paid in the first place. Any figure left over after that would be divided up by the shares totalling the addition of the preference and ordinary shares.

This is only a guide line which can be altered to suit yourselves. I am not a solicitor or accountant but I feel I can give a little help in setting up a community of this kind.

Roy Wallace,
43 Didcot Street,
KURABY 4112.

Dear G.R. Folk,

You had a request in issue No. 26 re Cinva Rams. The last time I was in Going Solar (see advert on p. 70) they had an Australian equivalent — could be worthwhile for you to contact them to compare it to the Cinva type.

Ray and Pam Mills,
Post Office,
GUILDFORD 3451.

Dear Grass Roots People,

A new migrant from the Netherlands — eager to settle down in Tasmania with his wife and two small boys (4 and 3), requires work.

Although qualified and educated in preservation and maintenance of the forests, with a sound agricultural experience he is willing to try anything.

Both my wife and I are also very fond of nursing indoor plants and growing flowers and would love to make a living out of this.

In the near future we will have a small capital (about $8,000) at our disposal. Who can help to give us a start?

Henk Ottow,
15 Durkins Road,
QUOIBA 7310.

Dear Fellow Readers,

There are several things I am hoping you may be able to help me with. Do you know of any natural repellents for mosquitoes and flies? Also I would like to know prices regarding dairy goats? Could you help me with information about making yoghurt from goat's milk? Has anyone any helpful advice about growing peanuts, sunflower seeds and avocadoes.? (Yes I'm intending to move to a warmer climate!)

J. Dodd,
'Broomlea',
273 The Mall,
LEURA 2781.

Dear People,

A replacement for mothballs is black pepper sprinkled on your clothes and to stop a crust from forming on your kettles, drop a marble (large) or oyster shell in them. To stop the grease on the top of soup put a lettuce leaf into the pot and remove when the job is done.

Companion plants are: asparagus are a benefit near tomatoes — tomatoes repel asparagus beetles. Beans benefit beets, corn, peas and potatoes. Marigolds and nasturtiums are a benefit being near carrots, cauliflowers, cucumbers, melons and squash.

If anyone would like to write please do, or just call in if you are in the area.

Liz Bishop,
4/32 Parker Street,
COOTAMUNDRA 2590.

Feedback Link-Up Feedback

Dear G.R. Readers,

Are there any books that you may know of in regard to the rearing, care, etc. of peacocks? Any information would be appreciated as one of mine died.

Sandra Hanel,
M.S. 292,
MARBURG 4346.

Dear Sandra,

Unfortunately we cannot suggest a book — in fact information about these exotic birds seems very, very scarce. We suggest you write to the Queensland Department of Primary Industry and ask them for help. Alternatively, readers' experiences would be greatly appreciated.

Meg and David.

Hi!

I have just started reading Grass Roots and, like everyone, I think it is great. I am 14 years of age and my father and I have decided to move to the country, build a mudbrick home and hopefully attempt to live self-sufficiently. Could one of you intelligent Grass Roots readers please send us *any* information on the basic needs to live in the country as we are starting from scratch. Some questions we have are: what are the best foods to grow to live a healthy vegetarian diet? What animals are generally needed to lead a life in the country?

Here is a poem I have written about my new life in the country.

INDEPENDENCE

It's dawn, the cock crows.
I'm just slipping on my boots.
The air is cool and crisp.
And the owl no longer hoots.

I pat old Jessie's rump,
She moos so mournfully.
My dog jumps onto my leg,
I feel his coat, warm and woolly.

The crop is ripe and sweet,
I grab an ear of corn.
I work the whole day long,
Just to again rise at dawn.

Catherine Edis,
19 Highfield Ave.,
MULGRAVE 3170.

Dear Readers,

Here is a mixture that revives any baby animals under stress conditions and near death. I have found it quite successful for chickens, geese, lambs, ducks and there are probably others also.

To half a cup of warm water add 1 teaspoon of molasses, ½ teaspoon honey and feed with an eye dropper, about 5 drops each half hour depending on size. For larger animals adjust according to size and feed with milk in their bottles. The birds usually make a very quick recovery within 12-24 hours , so you don't have to baby them for too long.

I think G.F. Bill's idea for seed swapping is terrific. I would like to swap any seeds that come from a hot dry climate and salt tolerant particularly. I have heat resistant and salt tolerant seeds available for the following:

Chinese spinach, onion, flowering gums, broccoli, asparagus, Sturt's desert pea, wallflower, stock (single), California poppy, melons and heavy cropping tomatoes.

The seeds I want are carrot, beetroot, all seasons' celery, any native plants, cucumber, rosella.

Noela Banks,
P.O. Box 1659,
GERALDTON 6530.

Dear Folk,

Could anyone supply me with information on setting up a commune? I am especially interested in the legal aspects of strata title and co-operatives. Do you know whether it's possible to obtain title to a portion of farm land in a similar way to strata title in a block of home units?

Mrs. Pam Goodworth,
1/10 Swallow Street,
PRESTON 3072.

Dear M & D,

Someone wanted to know about home meat smoking. *Home Smoking & Curing* by Keith Erlandson, ISBN 0 214 20322 0, will tell them all they want to know.

Moulds for bath soap — use about 18in of PVC pipe, cut down once (longways) and two caps. Tie in three places to keep cut shut, pour in soap, cap and let cure. In a few days remove ties, caps and push out soap. Cut in even slices and leave in light and air to harden (I am making Castile).

Lloyd G. Skipper,
'Towri',
RICHMOND 4822.

Dear Meg, David, Sunshine & Crew,

We are back at Bundaberg again — this time in the rain. Had a wonderful time in the Whitsundays, just slowly sailing from island to island and taking things very easily. Most wonderful experience was a visit to the outer reef during very calm weather. At high tide the reef isn't visible and it seems as though you are anchored out in the middle of the deep, deep ocean. Eerie!. The colours of the water and the sunrise and sunset were exquisite — it was like being surrounded by 3-dimensional opal. We had a shock when we had to start real sailing again. We spent nine hours battling into a tropical storm on the way here and are still waiting for the weather to clear.

We hope to get to Sydney by Christmas, sell the boat, get a couple of tents and start camping. We have met so many interesting people who say, 'You must come and look at this before you make up your mind.' So we are going to try to do just that. Please note new address.

Janet Gawith,
C/- Mrs. Gough,
53 Wyndham Street,
DRYSDALE 3222.

Dear Grass Roots Readers,

Thank you for an enjoyable, informative, sharing magazine.

In reply to Jacky Scherf and her father's psoriasis:

Chamomilla matricaria or wild camomile (according to my herb book *The Aust. & N.Z. Book of Herbs* by Henry B. Cryan) is supposed to relieve this uncomfortable condition. Tea prepared from camomile flowers and leaves has a soothing effect on the nerves and if I remember rightly, psoriasis is basically a nervous disorder which expresses itself through the skin in the form of flaky, rough, itchiness. An extract prepared by boiling camomile in milk cleanses the skin, relieves chafing and closes the pores.

Helena Monaghan,
Box 2090,
ALICE SPRINGS 5750.

Dear Friends,

I am pleased to be able to say we now have a weekly market in Mackay. It is to be held every Saturday from 12 noon to 5 p.m. at the Mackay showground. Should any fellow Grass Roots readers like to contact me regarding stall space, they may do so at the address below. As a special concession, if they mention Grass Roots, they may rent the space at $2.50 — fifty per cent reduction on the standard $5. This apart, I would like to hear from other readers in the area to exchange ideas.

David Boyd,
Box 102,
P.O. MACKAY 4740.

Feedback Link-Up Feedback

Dear David and Meg,

Your magazine is fine all bar the Feedback Link-up which I find boring, tedious, unstimulating and uninteresting. It would be interesting to know how others feel about it. It would be good to see less of it or none at all. The topics I'd like to hear about are:

Behaviour in chooks
Various kinds of farming implements and their uses
How to cut stone and build walls and floors
Soil management
Pasture growing
How to manufacture your own energy e.g. gas and electricity
Greenhouses
High density gardening in a small area
Cows and sheep
Animal behaviour (in general)
Chainsaws
Muscovy ducks and their laying ages. (We are interested in getting female Muscovy ducks but don't know where to get them)
Geese and their laying age
Turkeys
Making dams

There must be many more subjects but can't think of any. All the best with the magazine.

Jeanette Jack,
77 Piper Street,
LEICHHARDT 2040.

Dear Jeanette,

Thanks for the note with your thoughts and requests. Feedback — from what we can gather many, many people enjoy it — in fact it is one of the first things read by many. Feedback is unique in that there are few publications in Australia where you can write in airing a grievance (as in your case), look for a soul mate, swap goods, seek out like-minded friends in your area or more importantly, share some of your experience, information and wisdom with others of a similar ilk. Many have found through Feedback, support, friendship, and the sort of info that used to be passed on over the fence, but which today has no place in our frenetic society. I would feel appalled if that expression was curtailed. G.R. has evolved from the generosity of its contributors. For us, the little Feedback letter is as important as the technical article. Both are an honest caring expression from some darn nice people. I also find your 'boring, tedious, unstimulating and uninteresting' comment rather amazing. The letters that make G.R. are only the tip of the iceberg. We get many, many more and there are very few that don't offer something. Are you sure Grass Roots is really for you?

We have included your list of requests and at the risk of being called 'liverish' may I also mention that the requests far outweigh your contributions. Perhaps some of these same people whose letters you find boring and tedious will show their generosity and share some of their experience and knowledge with you and the rest of us. In time, we look forward to reading your contributions in Grass Roots.

Meg Miller.

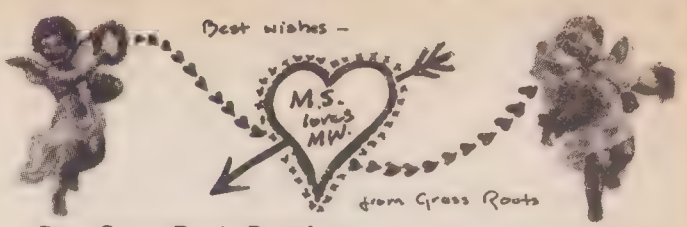
P.S. As a turkey breeder, I've picked up numerous hints in Feedback that have made the difference between life and death with these sensitive birds. I suggest you re-read your G.R.

Dear G.R. People,

You published a note of mine in G.R. No. 25 p. 9 and I must say how fantastic to hear from so many people — 11 letters and 4 phone calls. I have answered all letters and we have even been to visit people who live near to Brisbane.

Thank you to G.R. for such a great magazine and the chance to correspond with people all over Australia.

Frank and Helen Dodd,
80 Pring Street,
TARRAGINDI 4121.



Dear Grass Roots People,

I feel a need to answer the rather prejudiced and gratuitous letter of Cathy and Alricha (G.R. 28, December '81). As a man who 'advertised' for a lady companion to share my life (G.R. 25, June '81) I take offence at several implications:

(a) That my letter was insincere or misleading.

(b) That I intended a one-sided, exploitive relationship, confined to one of their narrow stereotypes.

(c) That to be truly 'alternative' I have to be 'sexually radical' on principle.

(d) That they question the discrimination and intelligence of even their own sisters. After all, it is a wholly voluntary situation, and no woman who replies to such a letter is obliged to accept anything she doesn't want to.

I have had sufficient experience in relationships, over many years to know who can share my life successfully, and who cannot — be they male or female. So my letter was a sincere and quite defined statement of who I was, and what I aspired to. I simply asked of women 'do you want this too? If so, write to me.' The reason for this is quite the opposite to mere convenience. As I had reached a fair degree of self-knowledge and a recognition of my true life path ('consciousness raising' in its true sense!!) my needs for further personal growth became quite obvious. I needed to interact with a woman whose personal development and life path paralleled mine closely, and who was ready for a full relationship — practical, physical, emotional and spiritual. A fundamental point of difference here — a full relationship with another person evolves from sharing a common spiritual path, not from just 'the circumstances of one's life.'

Anyway, the proof of any action lies in its results. In this case, my letter succeeded beyond my highest expectations! I attracted my true life-partner, whose need for me was as great as mine for her and since the catalyst of that meeting, everything has gone ahead 'full throttle' for both of us. We are getting married in a few days and invite you all (in thought) to our wedding! We also thank Meg and David for publishing that fateful letter — twice. I also attracted letters from about thirty other sincere and highly evolved women — which made it all the more difficult — as I knew I could choose only one! And due to guidance above and beyond my own fallible judgement, I chose rightly.

'Alternativism' to me, can only survive in a climate of freedom, respect and personal honesty. And unless we are free of the pressure of social – political creeds and dogmas, whether they be conventional *or* radical, how can we find our own life paths and true partners? One of the most prolific causes of discontent and confusion today is the dogma of 'radical sexuality' as it makes the exceptions into the rules and ignores the fact that most people still desire a close committed, heterosexual relationship for a harmonious life.

Michael Sweeney,
TARADALE 3447.

Dear Grass Roots,

I am 33 years of age with two children. My interests include living a healthy, ecologically sound lifestyle, home-like country living and many others. I would really appreciate having someone to share with.

Lee,
Box 853,
MORWELL 3840.

Feedback Link-Up Feedback

Dear Grass Roots,

In your last issue a reader wrote in saying she was shocked at the suggestion that goats may be used as a means to get rid of lantana. Well, I'd like to point out that lantana has different toxicity levels in different areas. The further north in Australia that it grows the more toxic its effects are. Previously I lived 80 km north of Sydney and milk production was higher when we had lantana than when it had been demolished. It took several years as there were acres of it. Lantana is also more toxic at different times of the year and the goats seemed to eat it only in spring, summer and early autumn.

I should also point out that just about everything a goat (or even a human) eats has toxins in it. That's partly why they have kidneys and a liver. They are constantly eliminating acids and alkaloids that have built up in the system.

The same reader was also wondering about tick problems with goats. Ticks too, must vary in different areas. My goats seem to develop a very quick tolerance to them and only the very young and unhealthy goats seem to be affected. Bach Flower Rescue Remedy seems to be far quicker acting, cheaper and more effective than chemicals in recovering them. However, I believe that ticks also are stronger in the north. I know some farmers give their dogs a small amount of sulphur daily and this is effective. What form the sulphur comes in I don't know but I imagine it is probably chemically synthesised, so 'alternative methods' are periodic feeding of garlic, which provides organic sulphur in the diet, plus drenching with Hortico Pyrethrin rather than chemical drenches.

Bio-chemic calcium sulphate tablets would also help. I use these whenever there is any hardness or lumps in the udder and also I find them invaluable when a doe has cut her udder, to prevent infection and hardening. Bach Flower Jewels of Devotion remedy on the cut speeds recovery rather well, also.

I have never read an article on goats where the owners don't use chemicals. Maybe because a lot of people try using herbal tablets and they don't work. Too much of their energy has been dissipated by extraction and compounding. Garlic oil capsules are not very effective, although given daily over a period, they do have some effect.

Of the many goat farmers I have met, I have not met one yet who has raised goats organically. If there is one out there, I'd like to hear from you and trade notes on what you use for anthelmintics, lice, etc.

Stephen Robertson,
Pan Goat Farm,
R.S.D. Bonang Highway,
GOONGERAH 3888.

Dear Grass Roots,

My lifestyle is 'alternate' because of severe, total allergy to wheat. Apart from that I'm a very ordinary wife, mum and grandma. My allergies (there are others, less debilitating) force me to cook my own food, so I do not eat take-aways, junk food or any commercially produced food. I've recently bought a flour mill, so I'm learning to eat foods cooked with rice and corn flours and I'm experimenting with other cereals, legumes and pulses. I tried yeastless bread (G.R. No. 22) using rice flour and another in wheat flour for my husband. The latter is very successful and for someone who has not eaten bread for years, the rice one was great, though very heavy. I do not recommend it unless, like me, you cannot eat wheat. I'd be glad to hear of any other bread made without yeast and wheat. All the powdered yeast has wheat in it. Is any other available? Cakes, pikelets, etc. are very nice made from rice, corn and soy flours.

We are interested in smoking fish and perhaps other meat. We have built a smoker from an old refrigerator but have not used it. Can anyone tell us how to cure and smoke food at home using the 'cured smoker' method?

Many thanks for a great adventure in reading.

Cath Trevaskis,
P.O. Box 11,
SEAFORTH via MACKAY 4741.

Dear Folk,

It's raining and as we're living in a tent at present there's not much I can do. Good opportunity to catch up with mail.

We have a ten acre block and slowly Terry is getting a shed built. Cheaply as possible is the prime importance as we want the money for our house. So far, the frame of bush poles has been put up. What comes next is what is the cheapest going. We're not even worrying about the floor. The earth is quite satisfactory for the tent so we can't see why it can't be used in the shed.

Terry is a carpenter so we don't have the added hassle of learning how to build. We already have a shower/toilet block made of tea-tree poles (which are sprouting) and old galvanised iron — very functional. We use a pan toilet and a bush shower with the used water being carted to the garden. Only when it rains do we waste any water. Unfortunately, because of the lack of electricity and water I have to go to the local laundromat to wash. My very kind neighbour allows me to iron at her place. All cooking, lighting and fridge are by gas and water is heated for showers etc. on an outdoor fire. That fire is also useful for clearing up the block as there is a lot of timber lying around from dead trees and gum leaves. It's all a bit of a fire hazard so our general living area is slowly being cleared. Some of the leaves make it to the compost heap plus the ash.

We are very interested in putting in an alternative power supply and would like to talk with anyone in our area who has set themselves up. Windmills seem to be a viable proposition. Of course, we'll have solar hot water.

There are just so many things we would like to get under way but time and money do not permit. My next project when the shed, with adjoining shade house is built, will be chooks. We're not too keen to have any animals — one small dog is enough trouble in that department. Our house, which we hope to start early '82 will be of compressed earth brick but that will be a slow job.

I have visited the Closeburn Country Markets a couple of times and just loved it. We have Sunday markets here in Caboolture and it would be nice to see a few more G.R. people there. I'm just waiting for my garden to be a bit more productive then I'll be down there selling. I am a very inexperienced gardener for the south Queensland climate. I'm growing things I've never grown before and have to rely on information from books. So come on Queensland gardeners, how about a few gardening articles?

I have tried many G.R. recipes — our favourite by far is Zucchini Pancakes (No. 22). I've varied it and added grated potato and sweet corn. I have often served it to guests and it's been a great hit. So all those people who missed it — give it a go. Our favourite hint is using marigold flowers rubbed on mossy bites to take out the itch. Mossies are so bad here at the moment that my flower supply is quickly dwindling.

We're all quite new to the organic growing/alternative lifestyle and we're finding it all very interesting and helpful. We're all certainly very healthy. With the help of quite a lot of rain recently my garden is doing very nicely. Slugs and snails haven't found me yet but white butterfly and grasshoppers have. I have covered all my lovely spinach with some white net curtainas I would be devastated to find the grasshoppers have eaten it.

We have joined Brisbane Organic Growers Group which is a very good and helpful organisation. Comes highly recommended from us. Among their resources they have a library and a seed bank which gets a lot of use from me.

Have been giving the dog Cenovis yeast in an attempt to eradicate fleas. Well, fleas are not too prolific and her coat is very healthy. I didn't get the wheatgerm oil (G.R. No. 25) as it is over $8 a bottle.

Jeanie and Terry Hore,
P.O. Box 52,
CABOOLTURE 4510.

Feedback Link-Up Feedback

Dear Folk,

I suppose there are as many soap recipes as there are soap makers and after some experimenting with different amounts of the various ingredients, I have finally arrived at a recipe that suits me. It's also excellent for washing the hair.

For moulds, I use the old oblong shaped margarine containers or the new butter ones because the blocks of soap slip out of them easily and cut into five handy sized pieces.

CASTILE SOAP

Lye Mixture:

200 mls water

70 grams caustic soda

Heaped teaspoon borax (to improve sudsing)

Dissolve borax in the water in an enamel vessel, add caustic soda and stir with a wooden spoon until dissolved. Let this mixture cool to about 95°F while you prepare the tallow and oils

Tallow and Oil Mixture

250 grams of mutton or beef fat or a mixture of the two (this must be entirely free of salt and impurities)

150 grams olive oil

150 grams coconut oil

Gradually melt the oils and fats together and bring up to about 105°F. You may have to re-heat the oils while waiting for the lye to cool down, or vice versa.

When both mixtures are at the correct temperature, gradually add the lye mixture to the oils and stir slowly and continually until it starts to thicken. During this stirring you can add some perfume which must be an essential oil such as oil of roses, spike lavender, almond oil, etc. — 25 mls is sufficient for this quantity of soap. Continue to stir the soap until it forms a ridge on top of the mixture as it dribbles from the spoon. Immediately pour into moulds. Place the moulds into a blanket lined box, cover and allow to stand for 24 to 48 hours.

Cut into usable pieces and allow to dry at room temperature in a dry draught free place for about a fortnight. Wrap each piece in grease-proof paper, label and date as ageing improves the soap.

The best moulds are square or oblong plastic containers with sloping sides such as the old 500 gram margarine containers. Three of these will hold the soap in this recipe.

Joy Lehmann,
R.M.B. 2230,
Dargo Road,
GLENALADALE 3864.

Dear Grass Roots,

As I am planning a move to a more rural and independent lifestyle in a year or so, my biggest problem at the moment is finding the most appropriate locality. The area that has my interest currently, is the New England region of N.S.W., especially near Tamworth. I'm sick of Melbourne's cold winters and yet don't want too tropical an area.

Can anyone give me any information on this area such as the climate, what the winter is like, what the summer is like, is there any frost and how much, what grows, what won't grow there. Is it predominantly flat, mountainous, undulating? Also info on property available and prices for approx. 5-20 acres.

Does anyone know how to get rid of leeches from a dam? Any information on either subject would be greatly appreciated.

M. Waller,
81 Oak Street,
BEAUMARIS 3193.

Dear Earth and People,

We would like to inform you of our newly developing community — 1,300 acres of land in the Richmond Ranges. The land forms the head of a valley with a permanent creek. There is varying landscape from forested to clear flats. We are looking for shareholders on a 'Tenant in Common' basis. Shares cost $5,500 starting with 10 shares with the potential of more. Our aims are towards self-sufficiency through soft technology and good times. We look forward to visits from like minded people from babies to grannies. All are welcome. For directions write to Rappville Post Office.

Mookima.

Dear Grass Roots Friends,

Michael and I live in a small cottage in a National Park. We both originally came from Sydney to live a less complicated country life. As we only rent the cottage we have no farm experience and Michael is still working in town. I've been into crafts — lampshades, beadwork, mandalas, hand sewing, crochet and recently, weaving. I use natural materials as much as possible — shells and driftwood from the beach and I am intent on learning about herbal dyes. I am into music also.

We hope to be moving to a 'new' old house shortly — get rid of electricity as much as possible. It has a wood stove, no town water, etc. We'll have room for people who may want to drop in and say hi! At the moment we have no spare room. We would appreciate hearing from anyone in the area as haven't met many people yet, even after eighteen months! I'm a vegetarian and Mick tries to be. We both keep to herbal medicine rather than 'orthodox' practices and we generally keep to ourselves.

Also we wonder if anyone knows of Indian (American) practices concerning medicines, housing, obtaining of materials, etc. These people whom I've heard a little of (I don't even know if any of them still practise this type of life) have never failed to amaze me with their resourcefulness and 'old' knowledge. Even if anyone can recommend a book on them, I'd greatly appreciate it. As I'm into beadwork, I'd also appreciate any knowledge of Indian-styled designs. Also any knowledge or sources of information on any other of their crafts, especially clothes, moccasins, herbal dyes, etc.

Cathy Lonsdale,
Cottage 1,
'Watervue',
Banyandah Road,
Hyland Park,
NAMBUCCA HEADS 2448.

Dear Grass Roots,

At present we are travelling through West Australia so the mail is delayed. Thanks to having my own dried foods it has made the trip easier to manage, storage wise and the towns in the north-west of the state are few and far between and carry only the food that is normally eaten.

The dried sweet corn, beans, peas, carrots, pumpkin and all dried fruits have been successful but I found the dried capsicums changed their flavour considerably. Anyone have suggestions?

Mrs. N. Brooks,
W.A.

Dear People,

We are interested in the magazine because we are functioning as a Resources Centre for aboriginals who have returned to their tribal lands here on Groote Eylandt. We are interested in the articles about gardening, goats, how to raise and look after poultry, pigs, etc.

The people who have returned to their homelands do things like artifacts e.g. bark paintings, spears, string bags, tassels, etc. There are a few who would be interested in poultry, pigs and goat farming, as well as growing vegetables for sale or their own use.

Richard Herbert,
O.R.C.
UMBAKUMBA 5791.

VEGETARIANISM

By Wanda Mitka, Altona, Victoria.

There are many varieties of vegetarian and it would be appropriate to define them and give a brief explanation of their meaning.

Vegetarian is the most commonly known and spoken about, but it still is a very misused word. Vegetarian is in actual fact a shortening for the term ova-lacto-vegetarian. This means a person abstains from all animal flesh but partakes in dairy produce and by-products of animals. Anyone who abstains from only a certain type of meat is *not* a vegetarian. So if a person will not eat red meat but eats poultry or fish he/she is not entitled to be called a vegetarian. To do so, makes it even harder for the 'true vegetarian' to explain his/her dietary needs.

Cheese is the important factor in this group, for ordinary cheese contains rennet (calf stomach) and therefore, a true vegetarian will not eat this type of cheese. There are many cheeses on the market which do not rely on this method of processing and taste just as good.

A strict vegetarian will not eat produce such as gelatine (derived from animals' hoofs) or animal fat for these also rely on the killing of the animal.

Vegan is a relatively new word in our language. It was first coined in England by a discerning group of people to separate the ova-lacto-vegetarian from the person who has no dairy products and abstains from all animal orientated produce.

A vegan not only abstains from all animal flesh foods but will not use eggs, milk, cheese, leather, fur, pearls, feathers, wool, cosmetics, all of which rely on animal exploitation or experimentation. Vegans regard animal experimentation, suffering and death totally unnecessary for humans to live healthfully and comfortably. So this is where the vegetarian and vegan part ways. A vegetarian only looks at the diet and no further, while veganism becomes a way of life.

Fructarian is another word not widely used — even amongst vegans. This person will not take *any* life to live, and so, will only eat vegetables and fruit which do not have to be harvested in a way that means the death of a plant. These people are sometimes called 'extreme vegans' for their compassion of life includes plants.

Fruitarian is another misinterpreted word, for this diet includes not only well known fruit, but a variety of foods normally used as vegetables.

The difference between a fruit and a vegetable is quite simple really. Any plant which has the flesh part eaten, such as a potato or carrot is a vegetable. A fruit is a plant that actually bears the food on a vine or tree and so, the picking of it does not entail the plant's death (oranges, nuts, pumpkin, tomato).

Why bother?

There are four main reasons, sometimes a combination of all four, of why a person becomes a vegetarian/vegan.

Moral — it has been proven that humans do not need to kill to survive, therefore to take life is senseless and morally wrong. Whether one chooses to kill when it is necessary to live can be argued, but very unlikely to happen in this day and age.

Another fact not widely known is that countries who support food animals buy grain from starving countries. If this grain was left in these countries, they could feed themselves. Hence, less starvation in the world.

There is also evidence to show that food animals e.g. pigs, are fed dairy produce to keep the prices of dairy products high. If the dairy produce was donated to the 200 million starving children there would be less malnutrition for these children.

Religious — the religions of the world all teach non-violence, yet many religious people do live violently, and support violence at each and every meal.

'Thou shalt not kill' is quite explicit and if the whole text is read, leaves no doubt at all that Jesus meant animals as well as humans.

There are also many references to food for human consumption in the Bible which support the vegetarian way of life e.g. Genesis.

Economics it is no longer economically viable to raise animals for meat. For every cow who needs one acre of land to enable a small number of people to eat meat once, between 10-12 people (depending on the quality of land) can be fed on a vegetarian diet for the full year. In other words, the one acre of land is being wasted by leaving it as grazing land for one cow.

Or another way of looking at it is that for every 1kg of animal flesh produced for human consumption, at least 10kg of grain is needed. This is a proven fact!

Health many people are becoming increasingly aware of their health. Even medical practitioners suggest a great reduction in meat intake. Red meat is especially known to create many health problems in the human body.

Vegetarians have known this for many years — meat forms uric acid in the human body and gives rise to disease as it actually putrefies in the human intestines. The human intestines were not made to digest meat and therefore, unlike in the carnivorous animals who have less intestine, meat stays in the human body much longer, and rots in the

system before being expelled.

Nowadays, to add to this problem, meat is treated with various injections and additives which have been proven harmful to humans.

Some people wrongly believe that by turning vegetarian they will lose weight automatically. This is far from the truth, for if a person is inclined to be an over-eater, or a 'tea and biscuit' person, then no matter what type of diet he/she will follow the over weight problem still exists.

It is true that many vegetarians are aware of the health factor and try to balance their meals correctly. However, it is still true to say that not all vegetarians are like this. It is an individual thing and it should be emphasised that being vegetarian doesn't entitle you to instant knowledge about nutrition, that you are healthy or that you follow a correctly balanced diet. It takes a lot of study, and a lot of effort to be able to say this.

So if you are contemplating a vegetarian/vegan diet I suggest that you learn as much as you can about the subject. While you are doing this, you can substitute many of your meat and dairy products with vegetables.

Below are some simple recipes that prove two things. One doesn't have to spend hours in the kitchen to prepare a nutritious vegan meal and that with a little flair in your cooking procedure one can turn even the simplest recipe into a nourishing, tasty meal.

Sesame Milk. Place 16oz water, 5 pitted dates, 4 tablespoons sesame seeds in a blender. Start at a low speed then change gradually to high as the mixture blends. Sunflower seeds may also be used as a variation.

Coconut Sesame Milk. Blend 4oz dessicated coconut, one tablespoon sesame seeds and two cups water. Strain through a fine strainer.

Apricot Milkshake — soak one cup dried apricots at least four hours before use, in one cup water. Blend slowly, adding two cups cold sesame or soya milk.

Avocado Cream — mash one avocado well with a fork. Mash in a banana or dates. Serve over fruit.

Apple Cream — grate two eating apples. Blend apples with one tablespoon cooked soya meal or grated nuts and one cup water. Strain through a fine strainer. Passionfruit pulp or orange juice may be added.

Coconut Butter — take one brown coconut at room temperature and make holes to drain the milk away. Break coconut into small pieces. Put pieces through juicer and then refrigerate, this results in a thick cream. Allow to set. The coconut butter may be coloured light yellow by adding a few drops of carrot juice before cooling.

Sweet Spread — blend a quantity of one kind fresh fruit and an almost equal weight of pitted dates. No cooking is required.

Carrot Spread — grate enough carrot for sandwiches. Margarine both slices of bread, then place carrot on all slices. Dot with a few raisins and press the two slices together to make one sandwich.

Soya Cheese — soak two cups soya beans, drain and wash. Blend with water and strain. Blend remaining pulp and strain. You can use all the liquid left over in other recipes by mixing one cup new water to the old water.

Soya Cheese Americana — mix one cup soya powder in one quart water. Bring to the boil in a large pot. As the soya milk begins to rise up the sides of the pot, pour ¾ tablespoon fresh lemon juice into pot. Let stand, then strain. Press in muslin bag to extract moisture from cheese. Use this, or for a firmer cheese, mix in some softened soya lecithin spread. For variety, blend finely chopped celery, parsley, sweet pepper, etc. into the cheese.

Vegan Potato Mayonnaise — in blender, place two baked and cut potatoes, one cup oil, chopped parsley, sage, green and red pepper, celery and cucumber. Blend.

Blender (to be used instead of one egg) ½ cup warm water with one teaspoon arrowroot and one tablespoon soya flour.

Fruit Salad Jelly — dissolve one teaspoon agar agar in one pint water or fruit juice. Boil, then pour over sliced bananas, pears, blueberries and grapes when cooled slightly. Put in cool place and allow to set.

Blueberry Pudding — wash one pint blueberries and blend with ten pitted dates. Slice four ripe bananas into a pie dish and pour over with blueberry mix. Refrigerate for two hours. Top may be decorated with grated coconut or arranged fresh fruit.

Ice Cream — dissolve one teaspoon agar agar in hot water. Add one pint soya or nut milk sweetened with fruit juice. Mix and freeze. For variety, you can add fresh fruit pieces.

N.B. Depending on the brand of agar agar, you may find that you will have to boil jelling mixture before adding milk.

Carobanana Ice Cream — chop four large bananas into blender and buzz. Add ⅔ cup raw cashews a few at a time while still blending bananas. Then add four heaped teaspoons carob powder and blend until smooth. Pour into small cups and freeze over night. For variety, whole nuts and raisins may be added to the mix before freezing.

Icy Poles — make fruit juice and pour into ice trays. When slightly hard place icy pole sticks in centre.

Fudge Balls — mix together well with a fork, 6 tablespoons date spread paste, 2 tablespoons ground blanched almonds, 2 tablespoons ground cashews and 2 tablespoons sesame coconut butter. Stir in 10 tablespoons soya powder and mix well. Form into small balls and place in the refrigerator. These can be coated with dessicated coconut, carob or hundreds and thousands.

These are basic recipes and once you feel confident in making them, experiment and create your own variations.

WHY NOT GROW PEANUTS?

Margaret Atkinson, Jamberoo, N.S.W.

Indeed, why not grow peanuts? Probably for one or more of three reasons:

a) You haven't thought of it.

b) You've thought of it but have never been able to find any instructions or information in gardening books or magazines.

c) You haven't been able to obtain viable seed.

In this article I hope to deal with all three aspects.

Peanuts seem to be a sensible crop to grow, as most people like them and they can be ground into peanut butter or roasted (though I am still looking for a satisfactory roasting recipe). The advantage of growing your own is of course that you can control the amount of inorganic matter that is sprayed or dug into them. As I use no artificial fertilisers or sprays, I know that my crop will be as uncontaminated as it is possible to be in this area (Illawarra).

I have never been able to find any growing instructions, so when I bought a peanut plant which had been brought along to a local school fete as a curiosity to show the children how peanuts grow, I had to experiment. The seller of the plant claimed that you can grow the plants all year round. I think she based this on the fact that occasionally the peanuts sprout in the ground before they are harvested, but I have not tried this and have confined myself to one crop a year.

The peanut belongs to the legume family and I grow it in exactly the same way as French beans. I dig the soil beforehand and incorporate as much compost and manure as I can spare, for the peanuts will be in the ground for a long time and seem to use up quite a lot of goodness. Sawdust and horse manure from a stable is used fresh, dug well straight into the ground. One of the ways in which I feel my crop might be improved is by cultivating more deeply than the six inches or so that the cultivator digs. The plants have a long tap root and would probably benefit from being able to go down further into reasonably good soil.

The nuts need no preparation before sowing — just draw a furrow about one inch deep and drop them in at eighteen inch intervals. If you drop the usual double seeded shell in you will probably get two plants and should really sacrifice one, so you might as well put in the single-seeded shells and grow a few at the end of the row to replace the failures. Leaves should appear within a couple of weeks (don't worry if they don't because their growth depends on the warmth of the soil). I like to sow the seeds at the same time as the first crop of French beans i.e.

during October when the ground is warming up. Peanuts take a long time to mature — I have harvested my crop in early May this year, so plant them early and give them the benefit of as much of the warm weather as possible.

As the plants are in the ground for such a long time, weeds are a problem. I mulch heavily with dried grass and then with lawn mowings. This also serves to keep the ground moist and fairly soft. The peanut produces a small bushy plant and then the stems elongate and small yellow flowers appear along them. Where the flowers have been, 'pegs' grow like thin aerial roots, which bore down into the ground and produce a peanut at the end of each one. Thus the need to keep the ground reasonably soft under the plants so that they do not have to try and bore down into solid baked earth.

Harvesting the peanuts is always a bit of a gamble; the trick is to get them as fully mature as possible but not to the point where they are germinating again. Thus it will depend a bit on the weather (wet weather will encourage them to germinate) and how many immature nuts you are prepared to sacrifice. If the tops die down it is probably a bit late, so it is a trial and error procedure. It takes only a short time to dig up the plants, and then the peanuts can be picked off at leisure.

Regarding availablity of viable seed, I have not found a commercial outlet but I am willing to send seed to anyone who would like some. I suggest that a small size padded post bag (approx. 25¢) can be addressed to me, enclosing your address and the relevant postage stamp (whatever it costs to post the bag to me). I can then re-use the same bag and address it back to you with the seed inside. My address is, M. Atkinson, Golden Gully Road, Jamberoo, 2533. The number of seeds in a padded envelope won't allow many beans for eating the first year but plenty of seed for the second. As regards yield, my patch of ground, about 20ft. by 5ft., produced approximately 12lbs. of peanuts this year, and as I mentioned earlier, I think the harvest could have been improved with deeper cultivation to allow the tap roots to function to their full extent.

Peanut flowers.

Photos courtesy Queensland Department of Primary Industry.

FOR BEE STING

Apply slices of raw onion after sting has been pulled out.

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SCREEN PRINTING

For The Beginner

By Jose Robinson, Wild Cattle Island, Qld.

For some time I've taught screen printing and batik at my own art gallery which I operated for three years. I also taught these subjects with the Adult Education in the form of weekend workshops and the like, out in the country and outback one-horse towns. Always I found a great deal of enthusiasm for both these crafts among all age groups (males included). Also I found great delight and warm response at a screen printing workshop I gave at Woorabinda Aboriginal Reserve a couple of years ago. There I had a mixed bag of grannies, mums with saucer-eyed babes on their hips, quite young children and a sprinkle of teenage boys. We printed five hundred T-shirts in the two days with a motif I'd designed for them in honour of the Golden Jubilee of the Reserve. However apart from that effort which was mainly what the weekend was all about, I found them all very creative in design once the T-shirts were finished with, and inhibitions forgotten. Their own original designs flowed naturally and easily.

Since Don and I have come to live on the Island, we've become more involved with self-sufficiency, so I don't seem to be able to spend as much time on my artwork. We are the only permanent residents on this island, although there are some holiday shacks which the owners occasionally use at weekends and holidays. In the two years we've lived here, some of our earlier priorities(?) have changed their positions on the scale. However one fact remains unaltered, and that is the tremendous help we get from the G.R. magazines. When the Nos. 13-17 which I've ordered today arrive, we will have the full set from the beginning. They are like a Bible to us. So many things we knew a little about, but not quite enough, and that's where G.R. have been so wonderful. From setting eggs under our first bantam, through to building our solar heater, those dog-eared G.R. magazines have helped us through — and will I'm sure, continue to do so. We loved the georgeous little illustrations scattered among the Feedback Link-up pages. More of those please, whoever is the creator with the sense of humour.

With a little basic know-how, you could soon be printing your own original designs on dresses, shirts, table linen, etc. and for the more ambitious — fabric paintings and wall hangings.

Screen printing is based on the principle of the stencil. It can be extremely complex, or as simple a process as you could imagine. This short article cannot give indepth knowledge and appreciation of the age-old craft, but I am endeavouring here, to outline a basic procedure for the beginner, who may wish to experiment in a simple manner with the minimum of outlay for materials. If the bug gets you, as it got me over ten years ago, there'll be no end to your further questing for knowledge on the subject, and you'll find yourself forever searching out classes and books. For me, screen printing on fabric was to take over from my long established painting sideline, and eventually I had to extend my studio to house the bigger working surfaces I needed to print the huge wall-hangings and fabric murals with which I became involved. I think screen printing became an extension of my former painting and I've spent many happy hours since, in teaching the craft to others.

Jose Robinson screen printing fabric in her studio on Wild Cattle Island.

Materials required for simple cut paper stencil method of screen printing:

Oblong timber frame (suggested measurements 48cm by 38cm, using framing of approx. 3cm by 3cm.

Plain fine terylene, organdie or silk, stretched drum tight across one side and firmly tacked all round.

Brown paper cut to size of frame (no wrinkles please).

Stencil knife (razor blade may suffice for simple outlines).

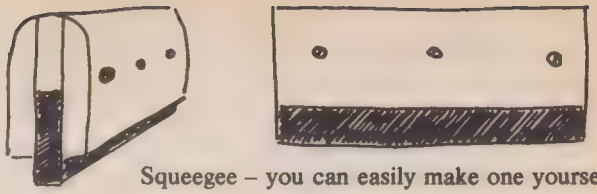
Screen printing dye or ink (available from art suppliers).
Squeegee (obtained from art suppliers). Homemade one may do for starters.
Working surface (any smooth top table covered with blanket and layers of newspaper).
Length of old sheeting or similar to practise on.

Method

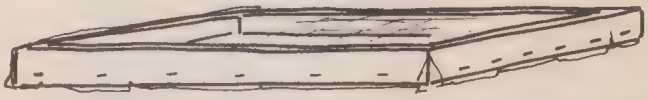
1. Sketch design on brown paper with simple silhouette outline such as apple, fish or flowers, etc. No intricate detail.
2. Cut along line of subject with stencil knife and discard cut-out.
3. Tape brown paper at corners on to under side of screen.
4. Place sheeting (or whatever to be printed on) right side up on prepared table.
5. Place screen with stencil side down on to fabric.
6. Using spoon or flat stick, blob a fair amount of the screen printing paint onto screen at one end. Now take squeegee in one hand and with the other hand firmly holding the other end of frame on table, push paint across screen with squeegee. Lift squeegee and push paint across in front of squeegee back again. Place squeegee on newspaper to one side and carefully lift screen, one edge at a time, from the printed fabric. The result should be a clear print in colour of your motif. Now you may repeat this process across the fabric as many times as you have space for. Next place paint loaded screen down on fresh newspaper and scrape excess paint off, to be returned to paint container. Turn screen over and remove paper stencil from back and discard soggy brown paper. Now wash paint from screen and squeegee. I find the most efficient method of cleaning all the paint out of the screen is to hose it in the back yard. When dry, the screen is ready to be used again with a different stencil.

To make the design on the fabric wash-fast, you must 'fix' it by ironing at a temperature of 150°C for five minutes, or place in oven at same temperature in a paper bag for five minutes. The same method is used for screen printing on paper, but of course needs no 'fixing'.

Happy printing!

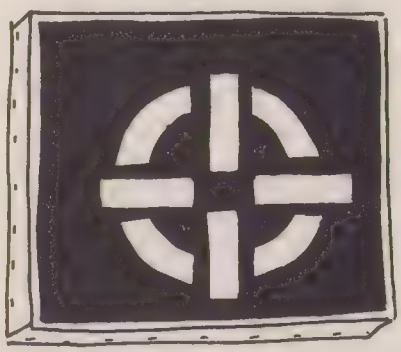


Squeegee – you can easily make one yourself.



The screen showing silk organdie stretched and stapled.

Brown paper with design cut out.



Paper stencil taped to underside of screen.

HANDY HINT

If you have a goat that insists on knocking over her ever-so-costly bucket of feed, whilst trying to get at tastier morsels at the bottom, try standing the bucket in an old car tyre. It soon breaks them of the habit. Your local garage is sure to have old tyres of all sizes, and will be only too willing to let you take them off his hands. Pick the size to suit your feed container. I admit, they don't look all that elegant along the fence line, but it need only be for a short time.

Reprinted from *Dairy Goat News*, Magazine of the N.Z. Goat Breeders Ass. (Inc.), 87 School Road, Maraetai Beach, Auckland, N.Z.

BUILDING WITH EARTH
SUITING THE METHOD TO THE MATERIAL

By Bob Rich, Healesville, Vic.

Soils are almost infinitely variable in their properties. A great many things influence the way soil will react when you try to make a wall out of it. This includes the chemical make-up of the original rock, what happened to it since it eroded away, the climate, slope, vegetation and even past action by man.

Almost any soil can be used to construct a solid, strong, durable wall by using suitable techniques. It is possible to classify soils as suitable for one technique or another. However, this is only the first step; once you have decided on a building technique, you have to *experiment* in a fairly systematic way to find the exact method that makes best use of your free building material. (This shouldn't discourage you — just allow time for it and preferably start with a practice project such as a chook shed.)

It is my purpose to describe the steps you need to take to select a building technique to suit your soil and to outline the kinds of questions you need to answer through trial and error.

There are four things to look at in the first instance — humus content, sand/clay ratio, sand crystal hardness and the extent of cracking of clay as it dries.

Humus Content

Humus is the living part of the soil. It is excellent for growing plants but no good as a building material. Good, fertile topsoil is friable. That is, if you squeeze a lump, it shatters — not a good idea for your wall!

The only way you can use fertile topsoil in building is as a sod wall (or roof). A sod wall is held together by the interlacing of grass roots, so the wall needs to be kept alive. It also needs to be pretty thick in proportion to its height.

Not all topsoil is unsuitable for building. In barren, infertile areas it may well have better properties than the subsoil under it. There is a forty years old rammed earth house in Western Australia which was built from the medium loam topsoil. Alistair Knox in his book *Living in the Environment* mentions several examples of the use of clayey topsoil for mudbricks or for mortar to lay them with. So, it is not topsoil you want to avoid, but *humus.*

Humus is usually dark in colour, friable, but with a definite texture you can see. There is often a fairly sharply defined change of colour between humus-rich topsoil and the subsoil under it.

Sand/Clay Ratio

First some definitions. Strictly speaking 'sand' is silica crystals. However, I shall follow the looser custom of referring to the granular, crystalline component of soil as 'sand' regardless of chemical make-up. 'Clay' refers to small, soft particles of soil. When water is added to soil, the clay particles attract it until each tiny particle has a film of water around it. Once this has happened, the water-clothed clay particles prevent the passage of more water.

Naturally, there is a lot more to soil make-up than this e.g. calcium in its several forms (limestone, chalk, etc.), the shape of the various mineral crystals is also relevant e.g. mica is flat and slippery — too much of it in a mudbrick can cause cracking. But the single most important question is, 'What is the sand/clay ratio?'

First you should obtain several samples of soil from the actual area you hope to excavate. Note the location and depth of each sample. If the topsoil is still to be removed, use a posthole digger. Remember that there may well be several layers of soil, each with entirely different properties. For example, in granite country you have topsoil under which there is a layer of clay, then under this again there is decayed granite which is excellent for rammed earth — so if you have this kind of soil you can choose either rammed earth or mudbricks.

Put a small quantity of your sample in a glass jar. Remove any stones — they may break the glass. Pour in enough water to make a slop, shake it well, then let it stand.

The biggest grains of sand will settle first, then smaller and smaller soil particles. Very fine clay may stay in suspension for a day or more. Allow the jar to stand for a while, gently tip out the excess water, then rub a small quantity of each layer between your fingers. Clay has a soapy feel. Sand feels gritty (believe it or not!)

Do this for all your samples. You will be surprised at the amount of variation. Overall, you will get a fair idea of the sand/clay ratio of each distinct soil type you have found.

A soil which is mostly, but not entirely sand is ideal for rammed earth (also called pise — but I object to speaking broken Mexican). The clay in the soil acts as a binder. So, if the clay content is low, it is necessary to add cement. The UN publication *Soil-Cement* gives an excellent, step-by-step account for determining the proportion of cement needed.

Rammed earth is no good if there is more than about 50% clay in the soil (same goes for compressed earth blocks such as those made by a Cinva ram) because the clay forms incompressible clumps which become points of weakness. However, there are some rare soil types which react like clay when wetted, yet can be rammed satisfactorily when just damp — weathered daecite is an example.

If the soil is more clay than sand, you need to puddle it — make an intimate mixture of soil and water and allow it to dry hard. Mudbricks, wattle and daub and cob construction (laying mud directly on the wall and letting it dry course by course) are examples of this. It is worth noting that all these methods need a plentiful and reliable supply of water.

Sand Crystal Hardness

This is irrelevant for mudbricks and other puddled-earth methods, but very important for ramming and compressing. It also determines whether your sand will make good concrete or brick mortar.

Dampen a pinch of your sand and rub it between your fingers. A good concreting sand will stay hard and sharp — no amount of rubbing will crush the crystals. A good brick sand (that is, sand suitable for lime-cement mortar) will have small, even crystals of sand, with some clay between (which should not be washed out) and will also resist crushing. However, some crystalline soils, such as decayed granite, will start with a mixture of different sized, sharp crystals, which will rub smaller and smaller until you have a paste on your hands.

Crushable soil such as this is excellent for ramming regardless of clay content — some of the crystals become crushed and act as a binder in the same way as clay. The addition of cement is not necessary (though of course, it provides extra safety). However, hard sands *must* have cement added to them in a proportion appropriate to the clay content.

Clay Cracking

Some clays crack very little as they dry out. Clays used for ceramics have this property. If your clay is like this, the sand content is irrelevant. You can make excellent mudbricks from 100% clay soil (but it'll be hard work). However, most clays tend to crack during drying.

There are various strategies for coping with the cracking problem. One is to increase sand content. Often you can select a layer from a particular depth which is just right. Note that too much sand will make bricks crumbly and soft.

Straw is a traditional additive to mudbricks. It doesn't act in the way reinforcement acts in concrete. Instead, it forms a deliberately introduced network of weaknesses. As the brick shrinks, it will develop many small independent cracks rather than a few big ones which destroy it. The straw induced weaknesses still leave the brick structurally sound. It has been claimed that straw contains an enzyme which hardens clay. I don't know if this is true or not, but it is a fact that some clays make good bricks only when straw is added.

Water content of the mud is another important variable. If you make your mud too dry, you may end up with lumps of dry clay inside and these will be focal points for cracking (mixing stiff mud is also very hard work). Find the mud consistency which produces the least amount of cracking and involves you in the least amount of work and backache. Then adapt your technique to allow you to use mud of this stiffness.

Air temperature and humidity have a lot to do with mudbrick quality. Winter made bricks are a lot better quality than summer made bricks. So, in summer you may have to make a wetter mix and cover bricks while they are drying. If you don't fancy puddling cold mud during the winter, use warm water. It makes no difference to the mud.

So far, I have outlined variations in technique to suit the usual variations in soil. You will have to take it from here. Building earth walls is an art like cooking. Here are some suggestions for things to look at, first for rammed earth, then for mudbricks and related techniques.

Rammed Earth

The proportion of cement you need to add can be determined scientifically. It is surprisingly small — 5% is a usual figure. You will need to gain an intuitive feel for two things — soil dampness and the amount of force necessary when ramming.

There is a rule of thumb for soil dampness. Squeeze a handful hard. If it sticks together into a solid lump it is damp enough. Drop it onto a hard surface from about shoulder height. If it shatters into powder it is dry enough.

Soil that is too dry will powder away after ramming. Soil that is too damp will not compress, but shifts around from side to side. This also means that you have to be careful to distribute moisture uniformly, or you end up with a wall consisting of lumps surrounded by powder.

The force necessary for ramming is very strongly dependent on the soil. Usually, too much force is bad, because it messes up the partly compressed soil all around the spot you have just thumped. It is best to tamp the whole layer lightly first, then go over it three or four times in a systematic manner, using increasing force. When the layer of soil is fully compressed, ramming it will give out a ringing sound. At this stage a 100mm thick layer of loose

Mudbricks drying in the sun. Note mould on far right.

soil should have been compressed to 50mm or less.

Set up your forms, mix up some soil and ram a section of wall. After dismantling the forms, cut the end of the wall section off with a spade, looking for layers of uneven hardness, lumps, soft powdery bits, etc. If the quality is low, don't hesitate to knock the section down — you can't repair a weak rammed earth wall later. You will have the 'feel' of what is required after examining one or two sections in this way.

Mudbricks (and related methods)

Regardless of th actual building method to be used, it is convenient to experiment with your soil by making a few mudbricks. Knock up a frame from some scrap wood, mix up a small quantity of mud and make a few bricks. It is a good idea to mark the bricks with a code and to keep records of how each was made.

If at all possible, make your test bricks in summer. Successful winter bricks are easy — but you may have to start from scratch next summer. Of course, you can always simulate summer conditions. For example, dry your bricks in an improvised glasshouse, or make them on boards which you can carry in and stand next to a stove or hater. If they dry without cracking, you are in luck.

If, as is likely, some cracking occurs, try adding varying quantities of straw, and vary the stiffness of the mud. Generally, the slower a brick dries the better it is, so, increasing the water content of the mud tends to reduce cracking. With the traditional method of making bricks, however, the mud has to be stiff enough to keep slumping to a minimum when you pull the form off. A way around this is to make a multiple brick frame which you can leave in place until the bricks have dried out a little. (Mixing sloppy mud is also very much easier work).

Clays are very variable with regards to the ease of mixing the soil and water. As a rule, it is easier to mix soil to water than water to soil. If clay content is high, you should try soaking the soil overnight. Other ideas to try are: mixing in a waterproof enclosure (pit dug in the clay, half a galvanised iron tank); mixing in layers; mixing too wet, bringing up to the right consistency, then leaving to soak overnight before the final mixing. Many people use mechanical aids for mixing. This can speed up production enormously, but there is a danger of lowered quality — there may be unsquashed lumps and uneven mixing unless you keep a careful eye on what goes into the forms.

All of this may sound rather complex. It isn't. It is mostly a matter of acquiring an intuitive feel for your material — something that takes time. Go to it!

But if you still have trouble,or lack the confidence to start, I may be able to help. I am offering three services:

1. During spring and summer, I am running classes for small groups on earth house construction. The one day course will cover all aspects of earth house building and cost $25 per person.
2. I am available as a consultant to help sort out problems that arise. Either you can bring house plans, soil samples, broken bricks, etc. to me, or I can go to your building site. Charge is $10 per hour, plus travelling costs (this is about half the usual professional rate).
3. Owner-builders in the Healesville area can arrange to have me work with them on a regular basis, such as one day per fortnight, at rates that can be negotiated.

My qualifications are two fold. While I was a research scientist with the CSIRO Division of Building Research, I went out of my way to gather information relevant to me as an intending owner-builder. Second, I have been helping my friends at Moora Moora and elsewhere, build a great variety of houses and am well on the way with my own house. Having started as the world's most useless unhandyman (up till 1972), I feel that I am better able to accept and solve the problems of novices to building than the person who could use hammer and saw by his third birthday. Having gone through the same learning experience within the past few years, I won't dismiss your problems with 'that's common sense.'

If you are interested in any of the above services, write to me: Dr. Robert Rich, Moora Moora Co-operative, P.O. Box 214, Healesville 3777.

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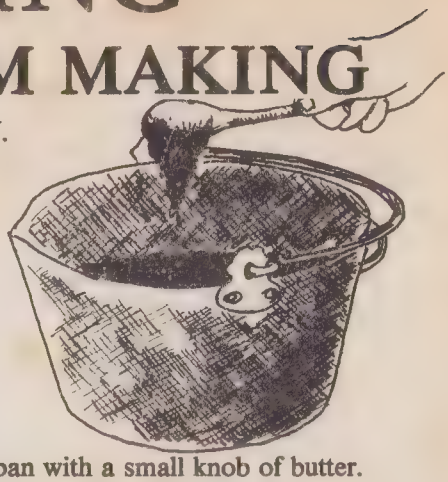
JAM MAKING

SOME HINTS ON JAM MAKING

By Chris Varna, Linden N.S.W.



Some time ago I sent in a couple of hints for jam making and had a request from a reader for more. She thought other new jam makers, who don't come from jam making families, might be glad of some helpful hints. After all, in recipes, they assume you know the basics.

Equipment

a) Have a good thick based preserving pan otherwise the jam will burn. Keep it for jam and you'd be wise not to lend it.

b) A good long handled wooden spoon.

c) A saucer for testing (put in freezer for quick results).

d) One jug for filling jars (small one).

e) One good sharp vegetable knife for preparation.

f) One cutting board kept for this purpose.

g) An old tea towel to roll lengthwise to wrap around the jar to grip it while you are filling it.

h) Screw top jars and lids and labels.

i) A thermometer (optional).

Fruit

Have fruit that is firm and sound — too ripe fruit is lacking in pectin. Apple peel and cores boiled up are a good source of pectin, also lemons, pips and pith from citrus fruits.

Sterilizing:

It pays to be fussy. Wash jars and tops thoroughly in detergent and rinse, drain and place on a cloth covered oven tray. Dry off in the oven at a low temperature — keep warm until ready for use. Jars can be boiled but make sure they are dry before using.

Tips

Grease pan with a small knob of butter.

Warm sugar.

Only half fill pan with fruit.

First stage — simmer fruit until soft.

Second stage — remove from heat and add sugar. Make sure all of it is dissolved and none sticking to the sides of the pan before returning to heat. Bring quickly to the boil and boil rapidly but don't stir at this stage. To test for set, a quick stir and place some on the cold saucer. Leave till cold and push finger against it — it will wrinkle if ready. My way of testing is to dip the spoon in the pan, a quick stir, lift spoon so that jam runs over the back of it, tilt and see how the jam runs. If it stays in one stream it's not ready — if it separates (or flakes) it's ready. Skim if necessary.

If it's jam, bottle and seal immediately.

If marmalade, leave about five minutes, stir to distribute peel evenly and then bottle and seal.

Never seal when warm, only when hot or cold.

Some people use paraffin wax for covering jam but I've made jam for years, and if properly made and sealed it will keep for ages without deteriorating and not using wax.

UNUSUAL JAM RECIPES

By Jeanette Maizey, Yarram, Vic.

FRUIT SALAD JAM

2 pineapples
1 lb apricots
4 green apples
1 cup water
1 lb peaches
Juice 3 lemons
10 passionfruit
Warmed sugar (dissolves quickly)

Peel and chop pineapple. Discard core. Peel and chop apples and peaches. Chop apricots. Place all in large saucepan with water, bring to boil and cook till tender. Measure fruit mixture and add ¾ cup sugar to every cup of pulp. Add passionfruit pulp and lemon juice; stir until sugar dissolves. Bring to the boil and boil rapidly for 15 minutes, then lower heat and cook until mixture jells when tested. Bottle while still warm and seal when cold.

BANANA JAM

1 lb ripe bananas
Juice of four sweet oranges
Juice of 1 lemon
¾ lb brown sugar

Slice bananas ¼ inch thick, add sugar and juices and boil slowly until mixture thickens and becomes a rich colour. Bottle while hot.

BANANA AND APPLE OR PEAR JAM

6 large green apples or pears
6 doz sliced bananas
Juice 2 lemons
Water and sugar

Peel and core apples or pears. Cover peel and cores with 2 pints of water; boil until soft. Strain 1 cup of this liquid into preserving pan, add sliced apples or pears and bananas. Bring slowly to the boil, add lemon juice. Boil slowly until tender and then 20 minutes longer. Slowly add 1 cup sugar to each cup of pulp. Stir until dissolved, then boil quickly until jelling, stirring constantly to prevent catching. Pour into prepared bottles, seal and store.

ROCKMELON AND PASSIONFRUIT JAM

2 large rockmelons
15-20 passionfruit
Sugar

Peel and seed melons and cut into small pieces. Scoop pulp from passionfruit. Put both in pan and boil till tender. Add ¾ cup sugar for each cup of fruit. Boil until mixture jells when tested. Bottle while hot.
Note: If rockmelons are very ripe add the juice of 1-2 lemons.

GREEN TOMATO JAM

4 lb green tomatoes
2 sliced lemons
3 lb sugar
Water

Place sugar in pan; add just enough water to dissolve sugar. Cut tomatoes into about eight slices each and add with lemon slices. Cook until tomato slices are tender and transparent. Test for jelling and put into small sterilised jars, removing lemon slices if desired.

TOMATO AND PINEAPPLE JAM

6 lb ripe tomatoes
1 good sized pineapple
6 lb sugar
1 teasp tartaric or citric acid

Scald, skin and thickly slice tomatoes then grate skinned pineapple. Add 1 lb sugar and boil together for 20 minutes. Warm other 5 lb of sugar and add while mixture is boiling. Boil all quickly until it jells when tested. A few minutes before completing jam add the acid. Bottle while hot.

PAWPAW AND PINEAPPLE JAM

4 cups chopped, firm pawpaw
4 cups chopped pineapple (discard core)
Juice 4 lemons
4 cups water
8 cups sugar

Place all ingredients in pan and boil approximately 50 minutes. Test for jelling. Bottle while still hot. This jam is yellow with a delicious flavour.

PASSIONFRUIT SKIN JAM

2 doz passionfruit skins
½ lb under-ripe grapes or
Juice 2 lemons
Water and sugar

Place skins in saucepan (not iron pan), add grapes or lemon juice, cover with cold water. Boil until insides of skins puff up and become soft enough to easily be removed with a spoon. Drain the water carefully from the skins, measure the pulp and allow 1 cup sugar per cup of pulp. Place pulp and sugar back into water and boil rapidly until it jells when tested. Bottle while hot. This jam is a sparkling claret colour. The skins of 12 passionfruit makes approximately 1 pint of jam.

CARROT JAM

4 medium sized carrots
3 pints of water
3 lemons
4 lb sugar

Grate carrots and cut lemon finely. Leave all in water overnight. Next day boil until tender — approximately 1½ hours. Then add sugar and boil until it jells when tested. Pour into prepared jars and seal.

CARROT AND PAWPAW JAM

1 large pawpaw
3 uniform sized carrots
2 lemons
Sugar

Dice pawpaw, grate carrot and place in pan. Add strained juice and rind of lemons and cook together until soft. Add 1 cup sugar to each cup of pulp. Stir until sugar dissolves, then boil quickly until it jells when tested. Bottle when hot and seal when cold.

CHERRY JAM

4 lb cherries
2 cups water
2½ lb sugar
Juice 4 lemons

Wash and drain cherries, remove stalks and take out stones with a cherry pitter. Place cherries and sugar in alternate layers in a large bowl, pour over strained lemon juice and water. Stand overnight. Next day strain syrup through a coarse strainer and stir over medium heat until sugar is dissolved. Add cherries and cook quickly for 15-20 minutes, then test. Remove scum from top during cooking but avoid stirring. Test for jelling at 5 minute intervals. Bottle while still hot.

MAKING JAM WITH HONEY

Many people are loathe to make jam because of the vast quantities of sugar used. There is an alternative, however, honey. When using honey for jam making, choose a pale mild type as dark strong flavoured honey over-rides the subtle flavour of the fruit. Less honey is required than sugar. Where ¾ cup of sugar is used, substitute ½ cup of honey or use ¾ cup of honey to a cup of fruit pulp. If using fruit low in pectin, use slightly less honey than the amount of sugar suggested in the recipe.

Below are several recipes using honey. In G.R. No. 25, p. 84 is a recipe for plum jam, in G.R. No. 26, p. 90 are recipes for tomato jam and orange marmalade and G.R. No. 22, p. 55 contained a short article on 'Jams, Spreads and Cheeses Using Honey Instead Of Sugar'.

HONEY APRICOT JAM

3 lb stoned apricots
1¼ lb honey
Juice of 2 lemons
¼ cup split kernels

Cut up apricots and stand overnight with honey and lemon juice. Cook until mixure jells when tested on a cold saucer, adding split blanched kernels 10 minutes before removing from heat.

HONEY PEACH JAM

250g (8oz) dried peaches
3⅓ cups water
1 cup honey

Combine peaches and water in bowl, cover, leave overnight. Put peaches and water in saucepan, bring to boil, boil uncovered 10 minutes; remove from heat. Add honey, stir until combined. Return to heat, bring to boil, boil gently uncovered for 30 minutes or until mixture is of jam consistency. Pour into sterilised jars while hot; seal when cold. Makes approx. 2 cups.

HONEY ORANGE MARMALADE

2 medium oranges
¼ medium grapefruit
⅓ lemon
4¾ cups water per pound of fruit
½ lb sugar per pound of fruit and liquid
½ lb honey per pound of fruit and liquid

Cut fruit into very thin slices and cut each slice into eighths. Remove seeds, pithy inner portion and about half the orange rind. Add the water to the fruit and let stand in

the refrigerator 24 hours. Then boil steadily for about 1 hour, or until the rind is tender and slightly translucent. Weigh the fruit and liquid and add the required amount of sugar. Boil slowly until it reaches 214°F. Add the required amount of honey and cook to 218°F. Remove from the stove and pour into hot, sterilised jars. Yields approximately 1 quart.

Recipes courtesy of the Australian Honey Board, 647 George Street, Sydney.

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PRESERVING EGGS

The chooks are laying better now and you may have surplus eggs. Bring them along to the barter table or preserve them as follows.

Melt 4 oz beeswax slowly in 8 oz olive oil. Dip eggs in warm mix immersing well. Wipe with a soft cloth and carefully store in airtight jars or tins filled with bran or powdered charcoal or mixture of both in equal parts. Place small end of egg down when storing.

Reprinted from Newsletter, August 1981, Towards Self-Sufficiency Society, C/- E.M. Wilson, P.O. Maldon 3663.

HEALTHY FELINES

The Natural Way

By Ann Walker, Eaglehawk, Vic.

Good health is the birthright of every one of God's creatures yet far too often the cats we see around are far from healthy. And it is not only the strays, mangy, hungry and battle-scarred who are not fit but the pampered pussies of home and hearth.

The reason for this is plain enough. For thousands of years the cat has been a domesticated animal, sharing the home of Man, sharing to a great extent his way of life and his food. When Man was a cave-dweller hunting his prey with a club and puss lived in the cave, keeping it free from vermin and sharing Man's kill, he probably kept in excellent health, for the cat is, above all, a carnivore.

The golden rule in keeping any animal healthy is to go back to the beginning — what does that particular animal eat, left to itself in the wild? What is its function in life? The dog is primarily a scavenger — the cat a predator. The dog eats animals that are already dead, often actually carrion, it clears up other peoples' leavings. The cat on the other hand, hunt and stalks its prey and eats its kill immediately, while still warm.

The cat, having killed, eats virtually the whole of its prey. Nothing will usually be left of a mouse or young rat but the tail, of a bird a mere handful of feathers. It is eating not only its kill but what that other creature, often a herbivore, an insect eater or an omnivore, has eaten — the contents of its stomach. Knowing this, the animal food manufacturers make cat foods that are not one hundred per cent meat but also contain cereals. A step on the right lines, but not nearly enough to keep our fireside feline really fit.

Tinned cat foods have a major flaw — they are soft and mushy. There is simply nothing there for those sharp, carnivorous teeth, made to bite and tear, to get into. Fed entirely on tinned cat food the average pet cat will grow fat, because he has no need to hunt for his food and thus take plenty of exercise. He may even grow sleek, but he will soon be toothless! With nothing to keep his teeth clean, tartar will soon build up, the tooth will be forced away from the gum allowing infection to set in, the tooth will become loose and eventually drop out. Cats fed entirely on canned food often develop eczema, as I know to my cost.

Some years ago, when my eldest son was born, I laid in a store of tinned cat food so that those who would have the feeding of the cats while I was in hospital, would have a relatively easy chore. Unfortunately when I came out of

hospital and found myself running the home again, but with the extra harassment of a baby, I continued this easy diet for the cats. They survived, all but Tiny, most beloved of all my cats — a diminutive white person who in her short life had had far more than one cat's share of accidents and illnesses already. She began to scratch, her hair came out in patches. I took her to one vet, then another — then another — all diagnosed eczema. All treated it — all without success. Still she itched and still she scratched. For long hours on end she sat in the fork of a tree just out of reach, miserable, cranky and bad-tempered — scratching. Finally I wrote to a firm of veterinary herbalists in London (I was living in England at the time) who recommended that she should go right off canned food and onto fresh, raw meat. On her meat was to be sprinkled chopped parsley and she was to have a course of garlic tablets. I adhered rigidly to this and slowly but surely the eczema left her. She came down from her tree and was once more a happy, healthy little cat. I learned a lesson I never forgot.

I am often puzzled by the liking that cats have for both milk and fish. One would not expect animals that usually show such a very marked aversion to water, to be so fond of fish — neither would one really expect any adult animal to love milk, as most cats undoubtedly do. Most — not all. It should always be remembered that milk is more a food than a a drink and that cats should have access to fresh clean water at all times. I have known cats who dislike all milk and some, like Tiny, who were selective and would not touch pasteurised, homogenised or even bottled milk of any sort. But untouched, fresh, raw milk straight from the cow — that was another thing altogether.

I remember reading once, somewhere (unfortunately the source now completely escapes me!) about a test that was made on several batches of kittens. One lot was reared on canned milk, one on dried milk, one on pasteurised and the last group on untouched raw milk. The only group that grew up without either rickets or skin troubles was the last one. There must be a strong lesson for modern Man in this!

One often sees litters of kittens who look beautiful while still suckling their mother, then they are weaned and in no time at all are pot-bellied, rough-coated little creatures often falling sick with any germ that happens along. This I feel, may well be due to the breeders forgetting just what sort of an animal the cat is. They forget in fact, that it is a carnivore, that left to itself, the mother cat would wean her kittens not onto diluted milk and white bread, puppy biscuit meal, or even tinned cat food, but onto fresh raw meat, rabbits, birds and mice that she had caught for them.

Country cats who live unfettered and free lives, catch a great deal of their own food and what is given to them in the house may be considered more as a supplement than a complete diet. I have a family of such cats. Sometimes when the hunting has been good one of them may miss one, two or even three meals. I find that these cats keep remarkably fit on dried cat food, the sort of thing that comes in rock hard little marbles — these clean the teeth, keep them sharp and free of tartar, and fresh, raw milk, just as it comes from the cow *ad lib*. Were I still breeding pedigree cats, as I did for many years, I know that to keep as fit as my country cats who have complete freedom, my confined or partly confined cats, would need a diet of fresh, lean meat supplemented by some cereals and herbs.

A lot of misconceptions abound about the neutering of cats. Many people, quite falsely, even allege that it is cruel and unnatural. It *is* unnatural — of course it is — to deprive any creature of its sexuality, but certainly not cruel. The curse of the cat is that she is so prolific. A female cat may easily have one hundred kittens in a lifetime. Half of these themselves, will be female — by the time she dies a cat may well have one thousand descendants! Consider this and ask yourself which is the more cruel, even the more unnatural — to deprive a female cat of the power to breed at an early age, or to let her breed to be faced with the task of destroying, or asking someone else to destroy, so many small, perfect living creatures, or to rear them, to send them out in the world, destined to become homeless, unwanted, unloved strays?

A neutered cat will not grow fat and lazy, unless it is fed and kept in such a way that it lives an unnatural life. It will be much fitter, unburdened by continual pregnancies and the rearing of many kittens; its life expectancy will be longer, particularly if it is a male. Many toms die of wounds inflicted in bloody battles with other feline lotharios. It will be a much more satisfactory pet in every way.

HONEY AND ALMOND LOTION

To make 500g of this lotion, blend 250g of lanolin with 125g each of honey and almond oil. First, you melt the honey, add lanolin when a little cooler, beat in the almond oil. This lotion is an old stand-by for face and hands.

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Surviving Naturally in the Tropics

By Neil Reynolds, Bangalow, N.S.W.

If you're living anywhere north of the Tropic of Capricorn you can possibly be assaulted by any of the hazards of tropical living — not that tropical living need be hazardous if you follow a few simple precautions.

A combination of relatively high temperatures and rainfall combine to create an increased humidity. So we have two important climatic factors — heat and humidity. These two factors make for the lush growth of vegetation that occurs in these areas and also for the equally lush growth of micro-organisms and parasites. So man is at risk from the heat, the humidity, the micro-organisms and the parasites to a far greater extent than he would be in a more temperate climate. Dealing with all these potential hazards without resorting to drugs is desirable and quite possible if precautions are taken to preserve a healthy internal and external personal environment.

Food

Tropical living means tropical fruits — paw-paws, mangoes, bananas, etc. It is often the first mistake of people to over indulge in tropical fruits, particularly those of a yellow or orange colour. Over eating these yellow coloured fruits can lead to yellowed skin (particularly on the palms of the hand) tiredness and mental apathy. You must balance your diet and include at least half of your dietary intake as green fruits or vegetables.

Now that you are in the tropics, you are bound to do a lot more sweating and suffer consequent dehydration and mineral loss. It is advisable, therefore, that you increase your water intake so that you are having at least three large glasses of water per day. You may also start to suffer from cramps — this means you are losing too many minerals, so go to your healthfood shop or naturopath and get a bottle of combination tissue salts and take them for a week as prescribed. You may also need to be wary of the water you are drinking — make sure it is pure and fresh and if in doubt, boil it.

So to sum up, you need a good balanced diet ensuring an adequate intake of greens, fresh pure water and, if necessary, some supplementary minerals.

Skin Health

Because you are going to be sweating more than usual, your skin will develop the habitat for the growth of bacteria and any scratch, etc. that you get will be more prone to infection and the dreaded tropical ulcer. Prevent these problems by bathing twice per day and making sure your pores are thoroughly cleaned with a skin brush. You also need to protect yourself from excessive exposure to

the sun, otherwise you risk sunburn and sun stroke and make yourself more prone to skin cancer.

To sum up, then, keep your skin clean and don't over expose it.

Parasites

Ticks are abundant in certain areas and if you've been bush-walking or walking in long grass, you should check yourself when you bathe. Ticks vary a lot in colour and size and are all a source of irritation. Remove them with a pair of tweezers, endeavouring to remove the whole animal. If the head breaks off and stays in your skin, your body will reject it in a few days. Neglected, they can cause paralysis.

Leeches are a rainforest hazard — check between your toes, under your arms, in fact anywhere inconspicuous. A dash of plain salt will remove them.

Worms — these are quite numerous in their variety. Most of them take up residence somewhere in your body (commonly the intestines) and then draw in blood. If they are present in suffcient number, they can cause weakness, anaemia and general lethargy, sallow skin and lank hair. Rid yourself of them by taking sodium phosphate, pumpkin seeds and garlic, all from the health food shop or

see a naturopath for some stronger homoeopathic medicine.

Mosquitoes — these nasties favour people with body odour, so keep clean and if they are definitely attracted to you, try taking some Vitamin B complex tablets. The herb tansy, rubbed on the skin, will repel them. Don't scratch the bites. Apply witch hazel to counter any itching.

Diseases

Malaria is manifesting itself in Australia and travelling down the East Coast. Prevent this by avoiding mosquito bites and maintaining a high level of general health.

Infection — as the climate is ideal for the breeding of microbes, fungi and viruses, they exist in greater populations. A clean, healthy body is your best weapon. Eat good, well-balanced meals including plenty of greens; drink fresh water, get regular sleep, exercise moderately. If you become a victim of some infective organism, try fasting for no more than three days unless you are under the guidance of a naturopath. For fevers, use iron phosphate — two tablets every hour. Externally for infections, dress them with some marshmallow ointment till the wound/ulcer/infection appears clean, then wrap overnight in comfrey/nasturtium or sweet violet leaves.

Dysentry — this unfortunate complaint is very common. Treat it by taking one tablespoon of cornflour and one quarter of a teaspoonful of cinnamon in a little water. Be sure your drinking water is pure and your food fresh.

Prickly Heat — in this problem a number of minute vesicles or little bumps, like tiny blisters, appear on the skin and itch intolerably. Scratching can lead to further problems. Squeeze a lemon into your bath, put witch hazel on the rash and if severe, take some iron phosphate.

FORCING YOUR KITCHEN GREENS

By David Stephen, Hobart, Tasmania.

A controlled experiment by personnel at the Rodale Research Centre, Pennysylvania, demonstrates once again the potential danger in using chemical nitrogen as a substitute for natural sources.

Whether you use ammonium sulphate or poultry manure to force your leaf vegetables can have a significant bearing on your health it seems. Take Chinese cabbage for example:

The variety Pai tsai was grown for the experiment in the Centre's greenhouse. A control group was given no food except for what was in the potting soil. A second group got ammonium nitrate — a common chemical source of nitrogen. The third group got nitrogen rich poultry manure tea.

The plants which were fed the chemical nitrogen had twice as much harmful nitrate in its tissues as plants fed manure tea. Nitrate harms us in two ways. It can replace oxygen-carrying haemoglobin in our blood with met-haemoglobin, which cannot carry oxygen. So we starve for oxygen to the extent that this replacement takes place. Nitrate is especially harmful to infants. Secondly, nitrates can form nitrosamines in our digestive systems and nitrosamines can cause cancer and genetic damage. That's why many people want nitrates removed from bacon and other preserved meats.

The second way the manure tea bears on our health is how it affects the nutritive value of our vegetables.

Researcher Jeff Cox: 'In the greenhouse tests, the Vitamin C content of Chinese cabbages fed with tea registered twice as high as in the chemically fertilized plants.

Wonderful results — so we tried it in the field with spinach (a known accumulator of nitrates) lettuce, chard and vegetable amaranth. Same results for the vitamin. And we noted that the protein content of the manure-tea vegetables was higher than the chemically fed ones. The tea was somehow helping the vegetables turn the nitrogen into health-building protein rather than storing it as harmful nitrates in its cells. Optimum utilization of nutrients is a sign of a healthy plant.'

Any kind of animal/bird manure is suitable for making into a 'tea.' The high nitrogen pigeon and poultry manures are more likely to burn fruit bearing trees than those grown for their leaves. To be on the safe side, always dilute water to the colour of a weak tea. Use it around the roots of plants in moist soils every two weeks.

Chard – one of the vegetables tried in the field test for increased vitamins.

Worry Over Weeds

By Margaret Oag, Oakville, N.S.W.

When we moved on to acres some three years ago
We had lots of warnings from friends, you know
'You'll be sorry', they said, 'it's a rough and tough life
And with weeds and fences you'll be always in strife'
The battle with fencing we could scarcely win
The barbs caught our clothes and scratched our bare skin
And as for the weeds, well despite all our care
Each year there seem to be even more there.

Whether one's acreage is large or small, an established set-up or in virgin bushland, there is a range of plants or weeds which continually present a problem. Readers may be interested to hear a little about our experiences in dealing with such problems. The farm we live on (about three hectares) is roughly 20 km west of Sydney. Rainfall is about 650mm per annum, temperatures vary from 4° to 40° Celsius. It slopes to two dams and is currently being used for horse breeding, so it has been divided into a number of paddocks. In the past (ten to twenty years ago), there were passionfruit vines and citrus trees.

What is a Weed?

The definition usually given is 'a plant growing out of place'. When we are aiming to provide grazing land for stock (as we are for our horses) or for crop growing (whether in garden plots or on a larger scale) weeds are damaging in a number of ways:-

a) they compete with other plants and may become dominant and in so doing use up valuable moisture (soil) and plant foods.

b) they may be harmful to animals (human and non-human).

c) they may encourage the spread of fungus diseases and pests which attack crops and pastures.

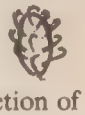
Within the space of twelve months, there can be quite marked changes in the weed pattern in an area. Last year we saw patches of St. John's Wort appear in two of our paddocks. This year there is no evidence of this but we do have for the first time Common Thornapple and Bathurst Burr — not exactly welcome replacements! We suspect the latter may have come in with the lucerne hay we have bought for the horses.

Identification of Selected Weeds

The first problem for most farmers is identification of the weed. I've chosen here some of those encountered on our place over the past two years e.g. Bathurst Burr, Bindii, Blackberry, Black Night Shade, Black Thorn, Common Thornapple, Dock, Inkweed, Lamb's Tongue, Onion Weed, Paddy Lucerne, Purple Top, Skeleton Weed, Sow Thistle, Spear Thistle, St. John's Wort and Stinging Nettles. Others which have been noted are Amaranth, Fleabane, Paterson's Curse and Saffron Thistle as well as varieties such as Cumbungi in and around one dam. I'll discuss each of these briefly in turn.

Bathurst Burr — Xanthium spinosum

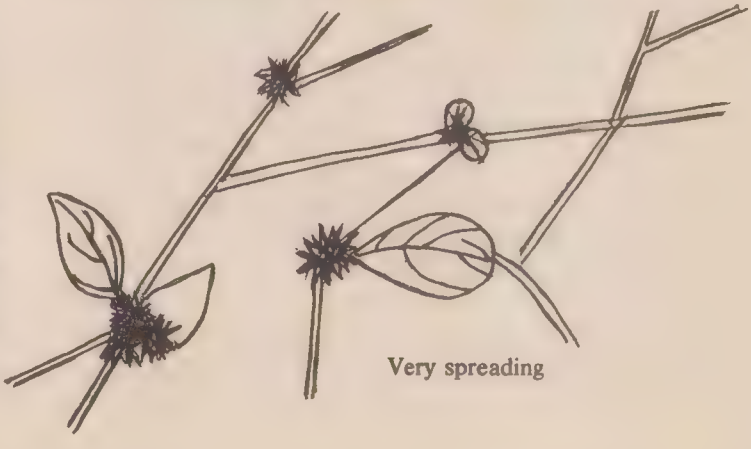
A native of South America, this is a noxious weed which causes damage to wool and discomfort to cattle and horses. The burrs have been troublesome in matting up some of our horses' manes. The actual size of the burr (or fruiting head) is as below. It contains about fifty hooked parts.



A section of stem commonly looks like this:

Bindii or Jo-Jo — Soliva pterosperma

Though this often seems to occur in lawns we found one patch in the paddock about fifty metres from the house. See sketch below.



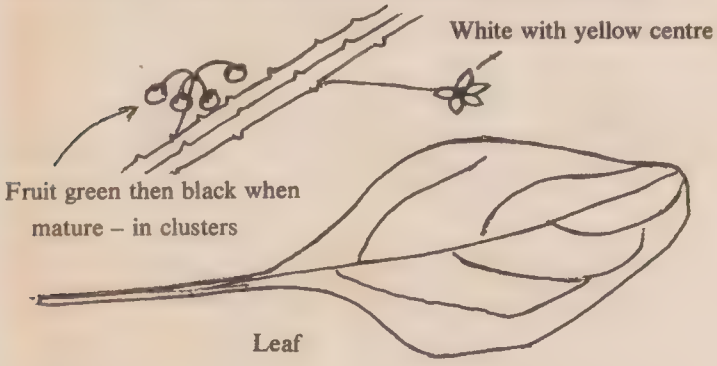
Blackberry — Rubus vulgaris

This was introduced for its edible fruit. It is a perennial and noxious weed. Its long bramble like stems or canes grow 3m to 4m in length. They arch over and root when they come into contact with the ground.

One of my childhood memories was that of blackberry picking. Armed with boards to flatten a path and wearing long sleeves and pants it was rather a chore although the pie and cream later made it all worthwhile. Perhaps I have this relatively kind memory only because the plants were growing on the side of the road and not on our farm.

Blackberried Night Shade or *Black Potato – Solanum nigrum)*

A small annual to biennial shrub, it is native to Europe and Africa. Its leaves and fruit are suspected of poisoning.

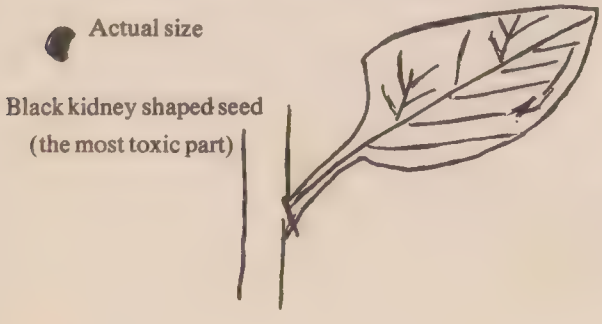


Blackthorn — Bursaria spinosa

A hardy native shrub, it spreads from seeds. It is characterised by spines on its branches, like this:

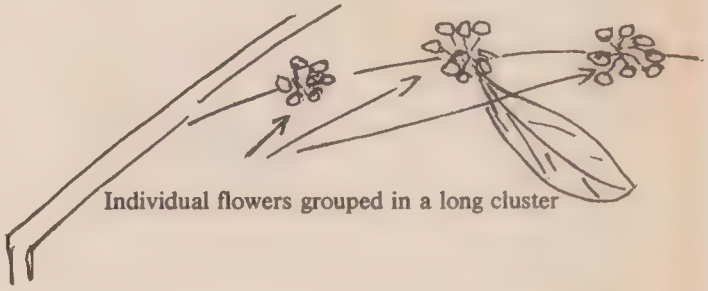
Common Thorn Apple or *False Castor Oil – Datura stramonium*

It causes inconvenience and injury to grazing animals with its spiny seed capsules. Abrasions to the skin allow penetration of infectious virus troubles such as scabby mouth in sheep and goats. It contains hyoscyamine in the leaves, seeds and roots and this and hyoscine in the roots leads to alkaloid poisoning.



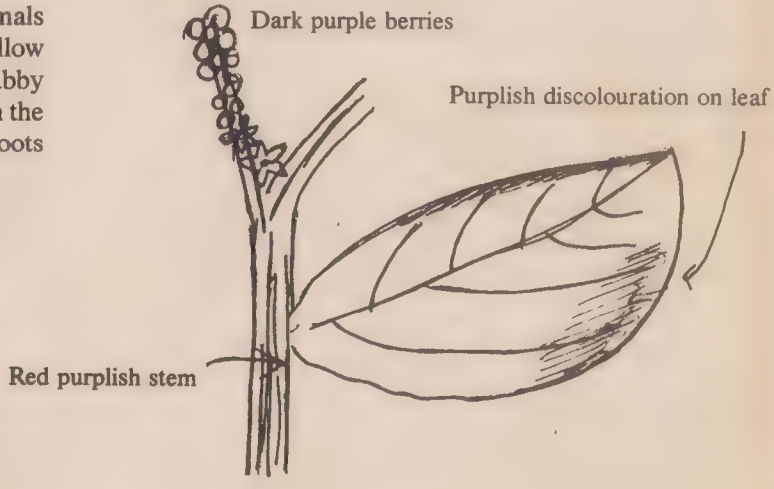
Dock – Rumex brownii

It is found on waste ground especially in well watered positions. On our farm it is located near horse yards where there have been leakages from hose and horse water buckets as well as in the lower section between the two dams.



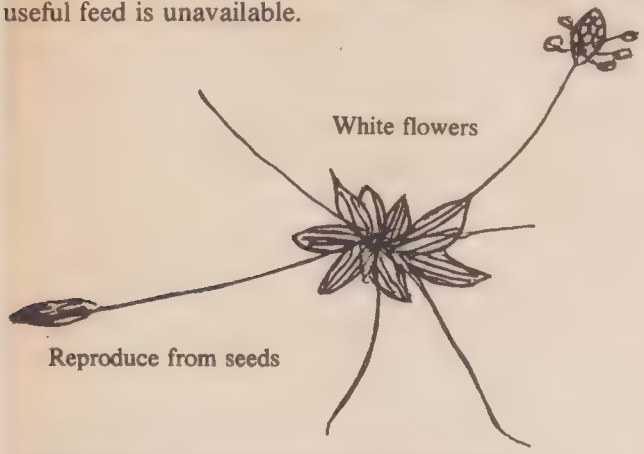
Inkweed, Dyeberry or *Pokeweed –Phytolacca actandra*

This is a major poisonous plant, the roots, leaves, stems and berries being the parts that cause trouble. A native to tropical America, it is a hardy perennial.



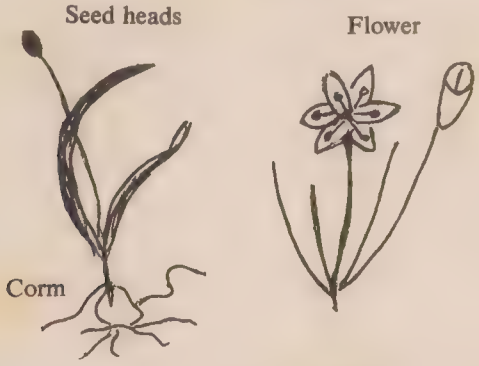
Lamb's Tongue – Plantago lanceolata

A perennial, it is a native of Europe and Asia. With a strong tap root, it continues to grow in dry conditions. It is reproduced mainly from seeds. Stock eat it only when useful feed is unavailable.



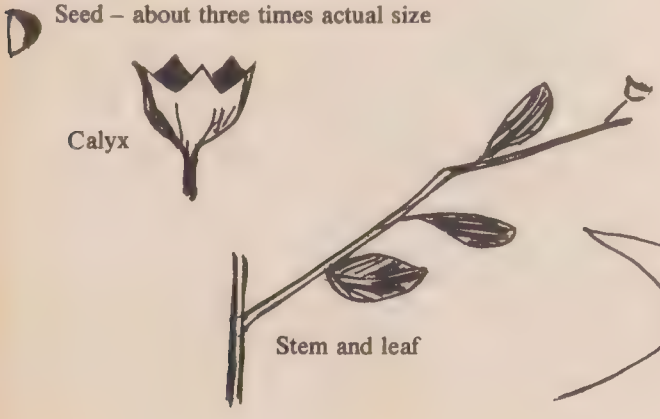
Onion Weed – Nothoscordum inodorum

An introduced perennial, it is prevalent in garden areas. It seeds profusely and develops large numbers of small bulbs on parent bulbs. These drop off and re-infest the soil. Sketch shows corm, seed heads and flower.



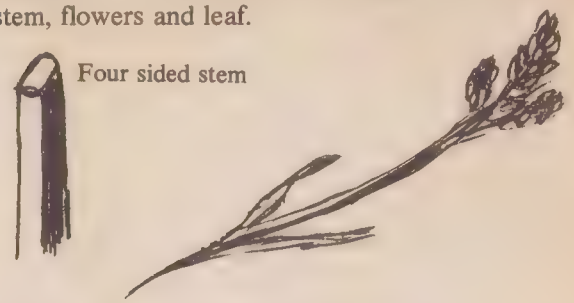
Paddy Lucerne – Sida rhombifolia

This was brought into Australia for making fibre. Infusions have been used as a 'cure' for rheumatism. It is a perennial with fibrous stems and a taproot. Its sharp pointed seeds have led to internal inflammation and death in young fowls.



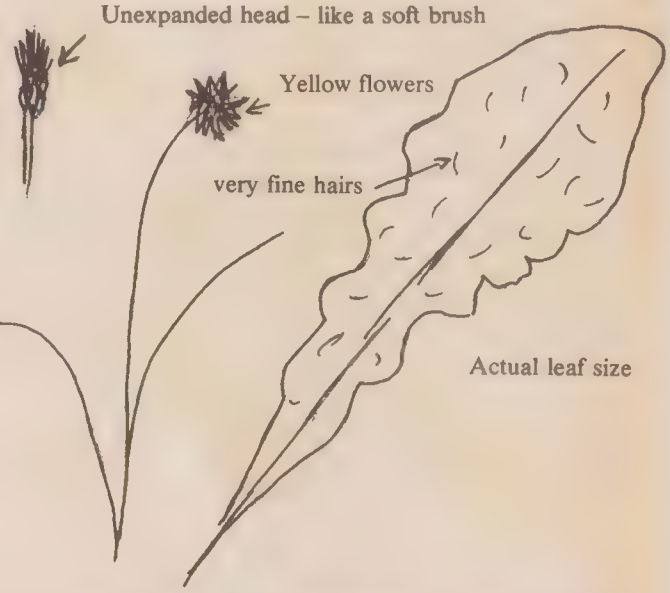
Purple Top or *Blue Top – Verbena bonariensis*

A very persistent perennial, it is a native of South America. It often grows 3-4m high. The sketch shows stem, flowers and leaf.



Skeleton Weed – Chondrilla juncea

Another introduced plant and a native of central Asia. Sheep will eat leaves but it competes with cereal crops if these are grown.



Sow Thistle (Common) or *Milk Thistle – Sonchus oleraceus*

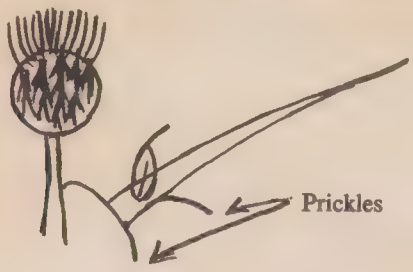
This is well known for its fleshy, grey-green leaves, milky sap and bright yellow flowers, then thistledown. Young leaves and shoots reportedly make a pleasant green vegetable when cooked. They are slightly bitter when used raw in salads.

Prickly Sow Thistle – Sonchus asper

As the sketch shows the leaf edges are spiny or toothed. The leaves themselves are thick, firm and shiny rather than soft and dull. It may be used in a similar way to the *Milk Thistle.*

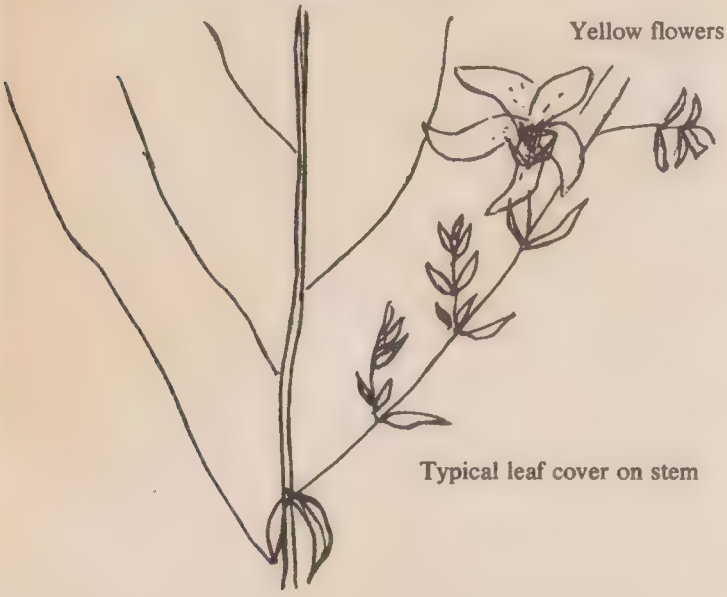
Spear Thistle or *Black Thistle – Cirsium vulgare*

Often called Scotch Thistle by mistake, it is a biennial introduced from Europe. The sketch highlights its main features.



St.John's Wort – Hypericum perforatum

It is a free-seeding perennial weed, winter growing, producing in spring upright stems to 1m in height with masses of bright yellow flowers. When the leaves are held up to the light, clear dots (oil glands) can be seen in most of the leaves. Stock will eat it when it is young. It causes photosensitization on light coloured parts of the skin resulting in irritation. Affected animals rub and bite sensitive areas. It is native to Europe and Asia.



Stinging Nettle – Urtica

The perennial nettle *Urtica incisa* is usually found in pastures. It has long, tapered leaves (about 10cm) and grows to about 1-2m. The dwarf nettle *Urtica urens* is common in gardens and cultivated areas. I think its uses have been mentioned in G.R. before but if the young shoots and tips are boiled, the formic acid is removed and it can then be used as a soup or vegetable base.

Some Comments on Control

Preventative measures are no doubt the best way to deal with a weed problem (crop rotation, grazing rotation, sensible stocking and use of fertilizers).

What have we done and how effective has it been?

a) To date, rotating the horses seems our most effective way of maintaining cover with fewer of the noxious varieties appearing.

b) Some overgrown sections have been slashed and this combined with hand digging and ordinary mowing has improved smaller paddock areas.

c) Last year we had Black Thorn and Blackberry sprayed. With the Black Thorn, the spraying appeared to be effective only for the year. The spraying was carried out by the Weeds Officer in our area, who incidentally was very helpful in identifying some of the varieties — free of charge. Contact was made initially through the Department of Agriculture. However, we are reluctant to use sprays at all but wonder if there is an effective alternative where larger areas have been allowed to become overgrown with the likes of Bathurst Burr.

d) We dug out Bindii, Nightshade, Common Thorn Apple, Inkweed, some Onion Weed, St. John's Wort and Spear Thistle. The Wort seems to have been eradicated but whether the others will re-occur remains to be seen.

Variations in weather from year to year also aggravate the problem. During this last twelve months with relatively drier conditions those plants with tap roots have become more prevalent.

I am wondering what experiences other readers have had and what action they may have taken. We have learned to become more observant of what plants are on the ground but know that as yet there is much which can and should be done to control unwanted species.

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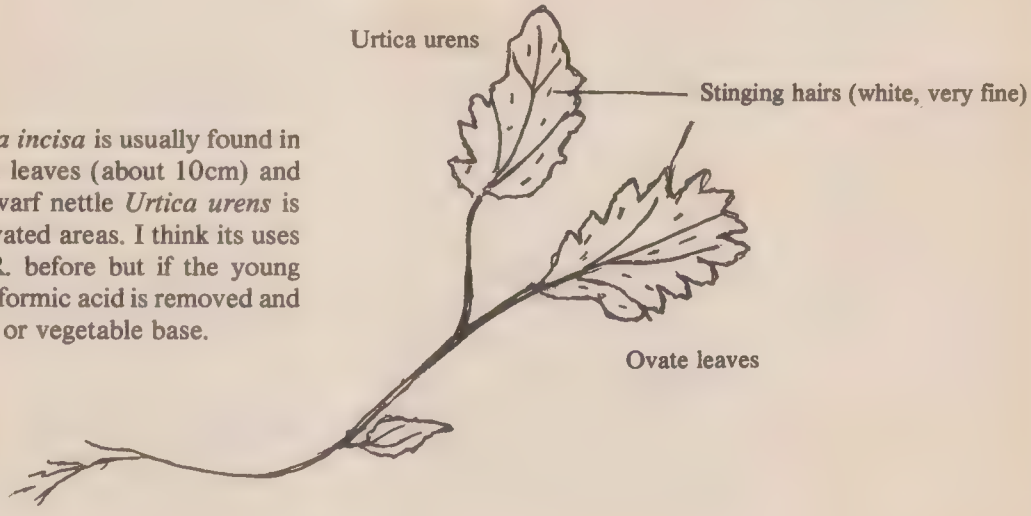

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RAISING GEESE NATURALLY
Without Trial and Error

By Frank Povah, Violet Town, Vic.

I would like to pass on the method we used for raising geese in this, our first year of owning them. The lady from whom we purchased our breeding stock (three geese and a gander) keeps one hundred breeders and raises nearly one thousand (yes, that's right) goslings in a season, so naturally we followed her advice to the letter. I will give her method first and then add some variations I think may be useful for keeping them on a small scale.

The geese should start laying late July or August so before then have some simple shelters constructed — even a sheet of tin leaning against a tree and secured from the wind will do. I built simple A-frames and in each one placed a car tyre with the edges stuffed with straw or paper to stop eggs rolling into the inside. We then placed a little straw on the bottom. At one or two points around the tyre, we put a ramp of sand or gravel. The reason for this is that there can be anything from three to four days between the first and last hatching and the older goslings may wander from the nest. As they are not as agile as ducklings or chickens they may have difficulty in regaining the nest.

When the geese start to lay, mark the first egg and leave it in the nest, then each day remove the new eggs leaving the marked one behind. You may have to hunt in the straw for them as once they start to lay they cover the eggs. Store the collected eggs by placing them point down in Egg Board containers — six will fit in each — and place them in a cardboard carton in a cool, but not cold place, out of draughts. Sometimes there may be a two day gap between eggs but this is normal.

You will know when the goose is ready to sit. For two days she won't get off the nest other than to bathe, and she will also have quite a nice collection of down around herself. Now for the fun part — it helps if there are two people for this. Lift her from the nest by grasping her wings at the 'elbow' and take her neck in the other hand and quickly turn her head (gently but firmly) back along her side towards her tail. While you're doing this, your off-sider is repelling the gander. For the next part of the operation *you* repel the gander (holding the goose all the time) while your mate removes any sharp sticks the goose has put in the nest, adds some more straw and puts in enough eggs to fit comfortably inside the tyre — eight to ten for a small one, twelve to fifteen for a large one. Then while you gently replace her on the nest your helper gets between you and the gander. Sounds exciting? Believe me, it is! During the first attempt this year, the gander managed to slam Bev into the A-frame by jumping on her shoulder.

Once all the geese are sitting that's all there is to it. If

you are short of green feed when the young hatch, you may have to feed crumbles to get them started but we didn't have to worry this year. Even now, we just throw them all a couple of handfuls of oats at night. We encourage them to 'roost' and nest next to the house to discourage foxes, but even so we lost five to crows in the first few days.

Now, on a small scale, I think it may pay to keep a gander to each goose. Obviously you can't on a large operation, but out gander hassled the youngest goose by trying to chase her off the nest and we had to lock him up until the goslings hatched. Even then she didn't hatch any. So next year we'll have a gander for her.

At our place, crows still seem to be the biggest problem as the goslings do not seem to be prone to any diseases and start eating grass as soon as they leave the nest. A final point — ours appear to be crossbreds (white ganders and grey and white geese) so this may be the reason that they are not difficult to raise. I think that they look so beautiful in the paddocks that they are well worth trying and unlike chooks and ducks, they don't seem to have that 'let's get into the garden' complex.

The Politics of Protein

By John Seed, The Channon, N.S.W.

In Asia, soybeans have been the most important source of protein for thousands of years. Today they are an essential part of the diet of over 1000 million people. Soybeans can produce one third more protein from an acre of land than any other known crop and twenty times as much usable protein as could be raised on an acre grazing beef cattle.

There is no essential difference between plant and animal protein, and from the body's point of view, the amount of usable protein in one half cup of soybeans is no different from that contained in 5 ounces of steak.

Unlike animal protein, however, plant protein is usually 'incomplete' — lacking one or more of the nine essential amino acids. As protein synthesis by the body requires all nine to be present in basically the same proportions, the amount of protein we can actually utilize is determined by the 'limiting' amino acid, or the one in shortest supply. So, vegetarians need to balance their protein by combining in one meal or in the same day, different foods so that the amino acid deficiencies in one food are balanced by their presence in another. Soybeans are exceptional in containing all the amino acids in the correct proportions. Soybeans can stand alone!

We are now experiencing the worst famine in all history. Every day, according to expert estimates, between 15,000 and 60,000 people die of starvation — between 5 and 20 million of us a year — about half are children under five years old. More than one quarter of the earth's inhabitants experience inescapable hunger during some part of each year.

As the gap between the poor and the rich nations widens, more and more of our grains and pulses are used to fatten livestock for the rich.

The key nutrient in short supply is protein, and most starvation is caused not by lack of calories, but lack of protein. The food crisis is essentially a protein crisis.

Well, what has this to do with us? It seems clear to an ever increasing number of people that starvation in the poor countries is one side of a coin, while dietary habits in the rich countries is the other. I don't have the statistics for Australia, but in the U.S., fully 50% of all farmland is used to grow crops that are then fed to animals. In this process, up to 95% of the protein is wasted. The average American thus consumes the equivalent of 2000 pounds of grain and soybeans per year, only 10% of which is used directly. The other 1800 pounds is consumed in the form of meat, dairy products and eggs. The rich use about as much grain to feed animals as the poorer half of mankind eats directly as food. As Stephen Gaskin says in the introduction to *The Farm Vegetarian Cookbook*, 'We are vegetarians because one-third of the world is starving and at least half goes to bed hungry every night. If everyone was vegetarian no-one would be hungry.' And, 'The process of running grains and soybeans through animals and then eating the animals is so inefficient, uneconomical and energy expensive as to be virtually inexcusable', *The Book of Miso*. And 'To imagine what this means in practical everyday terms, simply sit yourself in front of an 8 ounce steak and then imagine the room filled with 40 to 50 people with empty bowls in front of them. For the 'feed cost' of your steak, each of their bowls could be filled with a cup of cereal grains', from *Diet for a Small Planet*.

Of course, even if the practice of feeding basic food to animals was abandoned, that would be no guarantee that the grain and pulses thereby would be more available to the poor. Political and social action is necessary.

SOYCRAFT

The versatile soybean can be prepared for eating in an amazing number of ways and in this and following issues of Grass Roots we will explore many of them. In the east there are traditions thousands of years old for transforming soybeans into delicious foods and most of these methods are adaptable into western kitchens. The beans are eaten green, dried or sprouted. You can soak dry beans, grind, boil and squeeze soymilk from them. Various breads — granola and soysage — can be made from the pulp. The milk can be drunk or curdled (tofu is the name for the pressed curds) or used to make yoghurt, cheese, 'ice bean', or mayonnaise. It can also replace cow's milk in any recipe. Various processes of fermentation transform the beans into soysauce, miso or tempeh, while the roasted beans may be eaten at soynuts if lightly roasted or ground into soy coffee when done a bit darker.

Fresh Green Soybeans

In Australia this delicious treat is reserved for those who grow their own soybeans. In Japan they are a favourite summertime vegetable boiled in their pods, shelled and then topped with butter or deep fried in tempura batter.

Soybean Sprouts

These are one of the best diet foods known, containing less calories per gram of protein than any other food. The beans after soaking, must be rinsed three or four times a day, taking care not to mix or agitate them as the sprouts break easily from the beans. Repeat for 5 days or until sprouts are 3-5 ins long. Transfer to a large pot and rinse with plenty of water, pouring off the loose hulls. Parboil for eight minutes before serving in salads or cooked dishes.

Whole Dry Soybeans

They are the least expensive source of usable protein

known. Rich in iron, Vitamins B1 and B2, low in carbohydrates, saturated fats and environmental contaminants, with no cholesterol, they are remarkably cheap, especially if bought in bulk from a wholesaler or farmer's supplier.

Probably the main reason they are used less than they deserve to be in this country, is that most people don't cook them enough. If they are not completely soft they are indigestible. Soybeans contain a 'trypsin inhibitor' — a substance which interferes with the enzyme trypsin which is produced by the pancreas and is essential for the digestion of protein. You must simmer the beans for six to eight hours *after* soaking or use a more energy efficient pressure cooker. In this case, although some authorities say 30 minutes at 15 pounds pressure will inactivate the tryspin inhibitor, we have found that 1-2 hours pressure cooking, depending on the varieties and age of the beans is really needed. This makes them truly soft and flavourful as well as digestible. A properly cooked soybean will squish easily between the toungue and the roof of the mouth. If you tend to have gas from eating beans, soak overnight and rinse well before cooking them. If this doesn't work, try changing the cooking water once or twice. Be sure to let the pressure drop before opening the pressure cooker. The trisaccharides responsible for gas are removed this way, though so are some water soluble nutrients.

For two cups of dried beans, use six cups of water and one or two tablespoons of oil, which will form a layer on top and stop loose hulls from clogging up the steam escape valve on the pressure cooker. If it does become clogged anyway, bring the pressure down, take off the lid and clean out the vent pipe. Skim off any loose hulls floating on top, add a bit more oil and try again. If you want a gravy around the beans, cook with the lid off for one half hour *after* they are done. Make sure the beans are always covered with water. These cooked beans can be used as is, or dressed up in all kinds of ways, added to casseroles. soups, in soyburgers. We are very fond of them rolled up in tortillas or chapatis with some salad and chillies — this is one of our favourite breakfasts.

Soymilk

This has been used for centuries in Asia in much the same way that dairy milk is now used in the West. One pound of soybeans will make one gallon of soymilk with 50% more protein and less calories, carbohydrates and agricultural chemicals than cow's milk. Serve it hot or cold, plain or flavoured. It is suitable for babies from the age of six months if enriched with calcium. Most places where it is produced commercially, it can be produced for one half to one quarter the price of cow's milk. We use a Corona hand grinder for grinding the beans (available through your natural food store or Russells H Mart, 55 Glebe Point Road, Sydney) but a blender is faster. You can prepare excellent soymilk in a blender in 20 minutes.

Rinse one cup of whole soybeans, preferably

Pouring the puree into the colander.

Twisting the soymilk out of the cloth.

overnight, in cold water, or for 2-4 hours after having poured boiling water over them. Rinse again.

Bring to the boil 3½ cups of water in a covered cooking pot or double boiler. If using a pot,special care will have to be taken to prevent the soy mixture from sticking, by constantly stirring the bottom of the pot with a wooden spoon.

1. Using a food grinder — while the water is heating, grind the soaked beans with the grinder set fairly tight so that the bean paste has a fine but slightly gritty texture when rubbed between the fingers. Too loose and the milk will be thin — too tight and the fine pulp will clog up the straining cloth. Add the ground bean puree to the boiling water.

2. Using a blender — combine beans and 3½ cups of water at high speed for a couple of minutes or till smooth and pour contents into cooking pot. Set over a medium high flame and bring to boil stirring frequently. When the soymilk starts boiling, turn down the heat and simmer for 20 minutes. It can quickly foam up and boil over, so take care. Line a colander with cheese cloth or nylon curtain material and set it over a pot. Pour or ladle the puree into the colander, separating the pulp in the cloth from the soymilk in the pot below. Twist the cloth tightly closed and using a wooden spoon or glass jar, press out as much liquid as possible. Twist the cloth again and repeat. Now open the cloth, break up the pulp with a spoon and pour half a cup of hot water over it. Twist the cloth and press as before. Set pulp aside to be used for cooking. You can drink the soymilk hot, or cool it before refrigerating by setting the pot of hot liquid in a sink or bath of cold water. If you have made a large batch, it may be necessary to replenish the cold water as it heats up. The quicker the soymilk is cooled and the colder it is kept, the longer it will last — up to about five days. If it 'sets' you can make cheese. If it sours, use in baking bread or cake.

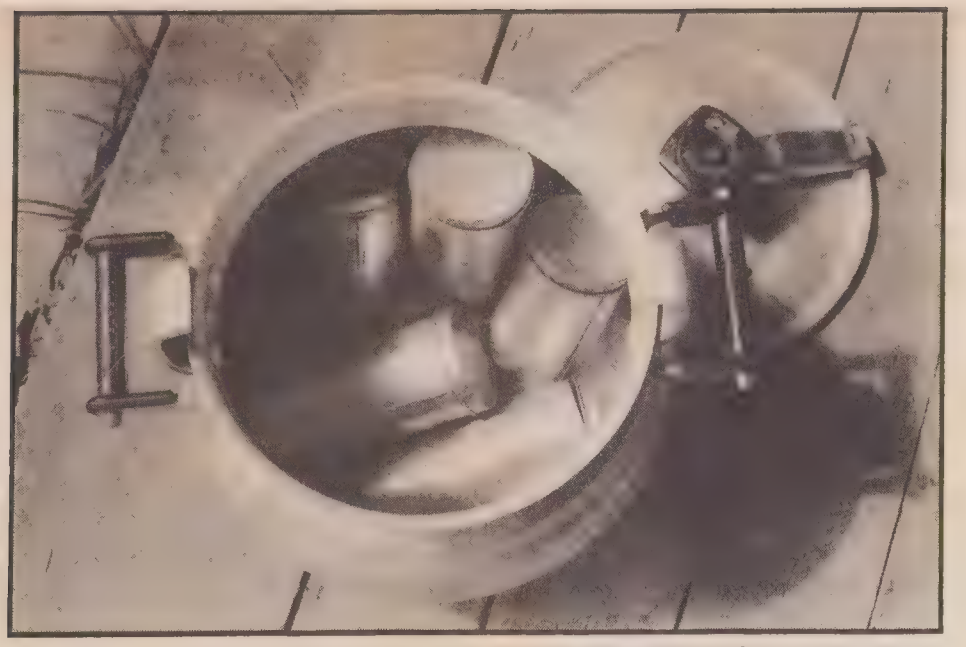
As soymilk contains few natural sugars, many people like to add a sweetener and perhaps some vanilla or carob. I like it plain myself, and so do the kids here. Soymilk is richer than dairy milk in almost every nutrient except calcium — a mineral essential for babies and growing children. The world's richest source of calcium is the sesame seed which contains more than six times as much calcium by weight as dairy milk. So for children, mix well two tablespoons of tahini (sesame paste) in a cup of warm soymilk and sweetener (optional). The soy protein also complements (upgrades) the incomplete sesame protein.

SOYSAGE

For a long time, the main thing we found unsatisfactory about the soymilk/tofu process was that, when making any quantity, there was such a huge amount of left over 'okara' — the soy pulp that remains when all the milk has been squeezed out. Sometimes this would result in all night bread making binges, or else we'd experiment with granola, patties, soy cookies ('sookies') and so on. But sometimes, the compost heap would receive at least some of the okara and this was annoying as it still contains some quarter of the protein of the whole bean and all of the fibre. Then we ran into soysage.

- 4 cups soy pulp (from making soymilk)
- 2 cups whole wheat flour
- 1 cup wheatgerm
- ¾ cup oil
- 1 cup nutritional yeast of ½ cup torula yeast
- 1½ tsp. fennel seed
- 1 tsp. black pepper
- ¼ cup soy sauce
- 3 tsp. oregano
- 2 tsp. salt
- ½ tsp. cayenne
- 2 tbsp. brown sugar

Pressing out the last of the soy milk.



Two or three tins of soysage in a large pressure cooker.

2 tbsp wet mustard
2 tsp. allspice

Mix ingredients. Oil an oven-proof bowl or empty tin can (we use round nutloaf tins). Fill it and cover with aluminium foil. Steam on a rack in a covered pot for 1½ hours, or in a pressure cooker in 5 cups water for at least 30 minutes. Let stand till cool then slice and fry or bake till crisp.

The soy pulp can also be substituted for rice in many recipes — you can 'tempeh' it or it can be baked in breads, cakes and biscuits. To be easily digested, it should be cooked till soft — steam for 1½ hours or pressure cook for 20 minutes in a third of a cup of water for every cup of pulp.

MOORA MOORA CO-OPERATIVE COMMUNITY

Moora Moora Co-operative Community invites all readers to its annual Festival on Saturday, February 27, 1982. Members look forward to this day as an opportunity to show visitors how the co-operative is developing. Tours are held to the various clusters with talks about Moora Moora's philosophy and progress. Demonstrations will be held of some of the activities we are involved in, such as milking, butter making, basketry, weaving, spinning, lacework, pottery, soap and paper making. There will be stalls of home baked goods, organically grown vegetables and various crafts. A stall and films on recycling will also be featured. Special emphasis will be placed on activities for children. Tasty and wholesome food and drinks will be available all day.

The Festival begins at 10 a.m. and is capped off by music and a bush dance at night in front of the community centre. Cost for admission to the Festival and bush dance is $5 per family, $2 per adult and $1 for children and students. Very limited camping space is available for those coming from a distance. Please phone Sandra on 059-624-090 before February 10 if you would like to camp overnight. To reach Moora Moora, turn right at Don Road in Healesville and travel about 8 km until you reach Nyora Road and signposts directing you to the Festival.

Moora Moora has 245 hectares on the top of Mt. Toolebewong. Begun in 1972, its aims centre around community, education and ecology. At present, thirteen houses are at varying stages of completion on six clusters. Membership stands at 43, with eighteen members resident on the land. Eventually we hope to have 60 resident members with a similar number of children and 40 non-resident members. If you would like some information about any aspect of Moora Moora and its aims, please write to the Membership Convenor, M.M.C.C., Box 214, Healesville 3777, or ring 059-624-104. In addition to the Festival, Moora Moora is open to visitors on the first Sunday of each month. Hope to see you on February 27!

NEW FRUITS

David Bell, Northcote, Vic.

Many home gardeners and homesteaders have begun to show a keen interest in new and unusual fruit species, partly due to the influence of the permaculture scheme and also the willingness of some nurseries to invest in these hitherto unexploited plants.

In this series of articles, I hope to introduce you to a few plants with which I have a familiarity: blueberries, cranberries, mountain paw-paws, cherry guavas, feijoas etc. Not all of these plants are entirely new to Australia. They are, however, underestimated and therefore deserve a better appreciation.

BLUEBERRIES AND CRANBERRIES

I have chosen to link these plants together because they are so closely related botanically — both are members of the *Vaccinium* genus. Blueberries are perhaps the most exciting of the new fruits introduced to Australia over the last few years. They certainly have created extraordinary commercial interest because of their market potential, both domestic and export. The *National Farmer* in its May 15, 1980, issue declared *Some of Australia's smartest investment money is now going into blueberries — a crop with big local and export potential.*

If commercial gain is not your thing, then consider blueberries on their own merits. They make the most delicious pies, cheesecakes and jams and they are a superlative fresh fruit. Blueberries are a wild plant from America and Great Britain. Of the many species available, there are two which are of most interest to Australian growers.

Vaccinium Corymbosum — Northern Highbush Blueberry

This species has formed the basis of the Australian industry so far. As the name implies, it is a rather tall plant adapted to cold climate conditions. It will be extensively planted throughout Victoria and Tasmania.

Vaccinium Ashei — Rabbiteye Blueberry

This species which has been recently introduced, is expected to form the basis of an industry in warmer parts of Australia — northern New South Wales and Queensland in particular.

Eighteen month old blueberry.

The Plant

The blueberry, it must be stressed, is not a bramble but a bush. It grows into a 12ft. dense mass of vertical shoots. The plant is deciduous, facilitating winter pruning. The fruit hangs in clusters of five to ten berries, being preceded by beautifulwhite bell-shaped flowers. Fruit is borne on wood from the previous season.

Propagation

Blueberries are best propagated by using cuttings from named cultivars. Seedling blueberries are of uncertain character. A number of American varieties are available, amongst these being *Northland, Jersey, Bluecrop,* and *Bluetta*. Australia has a range of fifteen named varieties including *Bluerose, Denise Blue, Karen Blue* and other delightful young ladies. These plants are reasonably scarce at present but should become readily available over the next two or three years.

Cultivation

Blueberries should be planted at about 5ft. centres, yielding about 1000 plants to the acre. They require an acidic, loamy soil, the optimum range being pH 4.5–5.5.

As the plants are shallow rooted, they need heavy mulching and a constant water supply. Trickle irrigation is the recommended solution to this problem. If the pH of the soil is too high, this can be lowered by either careful mulching or manuring. The planting hole should contain acid peat as a rule, in order to retain moisture and to lower the pH.

Harvesting

Fruit is harvested in December and January yielding (at maturity) at least 5lb. per bush. Reports of 30lb. per bush have been noted. The main competition during harvesting is the birds, so bird netting may be required.

Some Useful Hints

Blueberries are a relatively low calorie food with a calorie content of 42cals. per half cup serve.

The price you would expect to pay for plants at the moment is $3 per plant in bulk quantities or around $4 for single plants or small quantities. Blueberries are long lived, with useful lives reaching beyond thirty years.

CRANBERRIES

The American cranberry, *Vaccinium Macrocarpon*, is closely related to the blueberry. It is not a bush, however, but a semi-evergreen creeping ground cover. One textbook describes it as *'a small prostrate creeper with thin wiry stems and small box-like leaves'.*

As yet, there is no commercial interest in this plant in Australia, a surprising fact because it is worth millions of dollars a year in America.

As with the blueberry, the cranberry has a long useful life of sixty years or more.

Propagation of the plant should be by cuttings from named cultivars. Don't let people tell you about their 'cranberry' which they think you should have. Many plants with little red berries are passed off as cranberries, but these are not the *Vaccinium Macrocarpon.* The only variety which I know to be commercially available is the *Stevans* variety. It is hoped that others will soon become available as well.

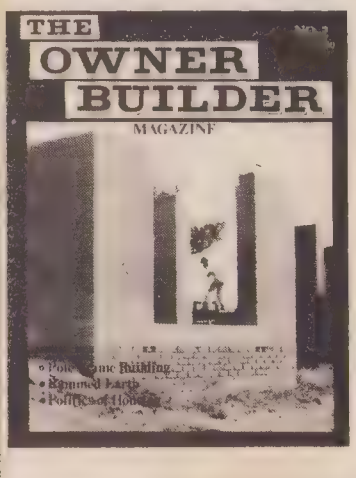
Every textbook that I have read recommends the following cultivation procedure.

Construct a raised bed filled with a mixture of peat and leaf mould. The plant should be placed about 2ft. apart. The soil surface can then be covered or mulched with sand at a depth of 2-3 inches — this will prevent the peat from drifting and help to keep the rooting medium evenly moist. Immediately after planting, the bed should be flooded; this flooding should be periodically repeated during the growing season. All of this is done to simulate the plant's native conditions — wet, boggy seasonal conditions.

Cranberries have a variety of uses including the famous cranberry sauce for Christmas pies. Cranberry and apple pies are highly regarded as is cranberry wine. They also are pleasant in salads, jellies and jams.

The price for cranberry plants currently hovers around the $1 mark.

David and Julie Bell run Nu-Fruits, a backyard nursery specializing in rare and unusual fruits. They can be contacted at 199 Separation Street, Northcote, 3070. Ph. 03-489-2319.



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DRIPPER IRRIGATION

By Nev and Mony Ackland, Nairne S.A.

When shortage of water or high salt levels are a problem, irrigating individual plants with small diameter poly pipe and drippers may be the answer.

A couple of years ago, we decided to design and construct a large dripper fed garden to utilize our limited summer dam water to its utmost and to avoid wetting the leaves of plants with our 3,500 parts per million salty water. To make things more difficult our soil is fine river sand, six feet deep, that needs constant wetting every day in summer owing to its excellent drainage.

To really understand such an irrigation system as this, it's best to contact as many distributors and irrigation experts as possible and to compare what they say as well as prices. I contacted all the stock firms and half a dozen so called experts before making a decision and was surprised at how misleading some of their advice was.

To design a system large or small, assuming you do not have mains water, it's necessary to begin at the beginning — the water source. Be it dam, stream, bore or whatever, one basic question must be answered — its height (or head) relative to the garden, and of course distance. Dripper systems need pressure. Low pressure (below 30 p.s.i.) may work some systems but will not, for instance, allow you to clear blocked drippers, a major problem with some systems. Hence, unless your water source is above your garden, or is otherwise naturally pressurised, you will need a pump — petrol, diesel or wind. Next you will need a large enough diameter pipe to carry the volume of water required. From this main pipe you may need branch lines and once again, from these, your actual dripper tube may be run to the individual vegies or trees. Each pipe will carry a different amount of water per hour and create different friction losses. The amount of water and the pressure you will eventually receive are best worked out by the experts.

Rather than try to verbalize a description of our system, I have drawn some diagrams that may help.

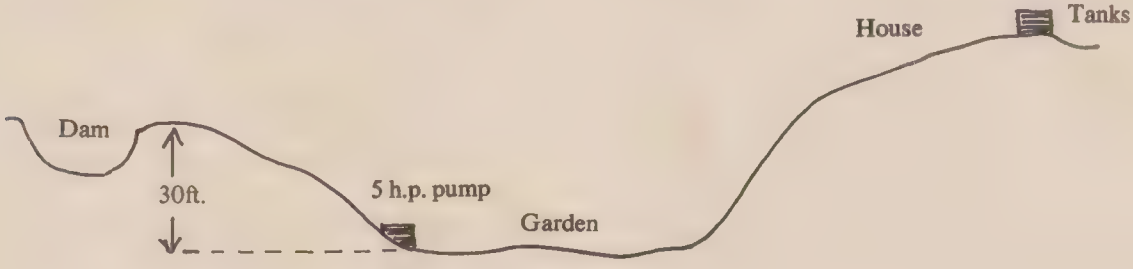
The dam is 30 ft above the garden. Water is fed 300 yds to the river flat via 1½in poly pipe, where the petrol pump is situated. The pump then pushes the water once again through 1½in poly pipe to the garden and house (the latter being 60 ft above the garden).

Branch lines are 1in polypipe and ⅜in dripper feeds, adjustable drippers or tricklers.

The system has so many intricacies and there is so much to know about pumps, non-return valves, couplings, dozens of different types of fittings, gate valve filters and so on that to detail it all here would take pages.

In brief, it works well. It uses a fraction of the water that sprinklers on flood irrigation would use. It allows us to grow things with salty water and it solves the summer weed problem to some degree. Coupled to a no-dig garden method using straw mulch, it's ideal.

It's drawbacks are firstly, cost. It is so costly that it is



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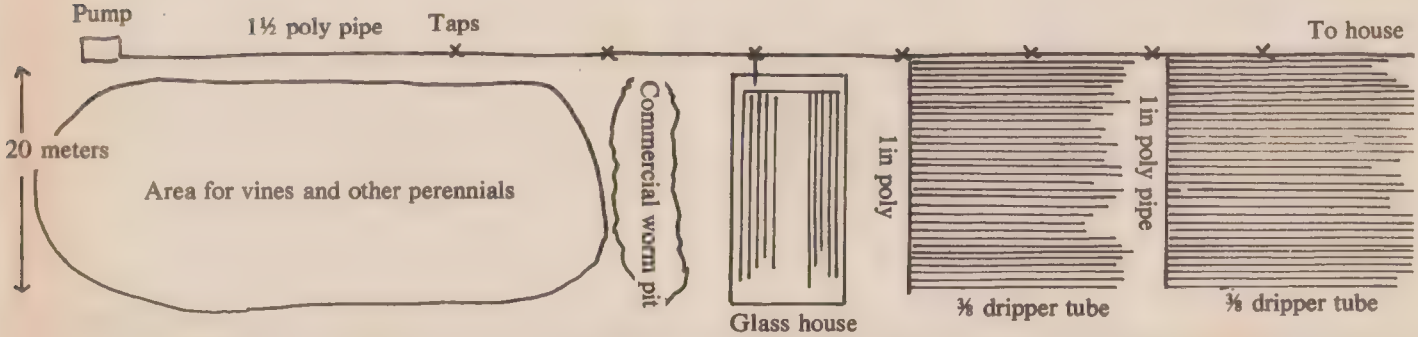


(Elevation)

impractical unless you are growing perennials with reasonable spacings or, of course, gardening small scale. Secondly, you must have clean water and use filters and even then drippers may block. With a thousand drippers to keep an eye on, you can spend half your day unblocking the b.....things.

How long the poly pipe will last is unknown — some say ten years in the sun and forever underground, but believe it or not, white ants will definitely eat it.

Last year I pumped from tanks filled with liquid manure. It worked like this. I soaked bags of chicken and cow manure in the tanks for two weeks giving them an occasional stir. The solution was then pumped straight to the plants via the dripper system once a week. A very small amount of manure was required and there was no wastage or leaf burn.

Obviously, the weak point in the system is the petrol pump. This can be eliminated by installing a windmill at the dam and digging a 250,000 gallon turkey nest dam on the hill behind the house. The mill would hopefully keep the small dam full and the sixty ft head would operate the drippers by gravity feed. I hope this is of some help.

RECIPES FOR YOUNG ANIMALS

By Susan Browne, Skipton, Victoria.

Here are some recipes I have used successfully in rearing both domesticated and native animals. Colostrum, of course, is the first milk a young animal has, and as such contains important antibioties which help protect the young from sickness and disease in the first few weeks. It helps stimulate the digestive and eliminative system, and so is absolutely essential. My recipes have been gathered from vets, zoos, or the Department of Fisheries and Wildlife, as the need has arisen.

ARTIFICIAL COLOSTRUMS

Calves

Two parts milk (preferably from mother), 1 part warm water. To one cup of mixture add one beaten egg and one teaspoon of cod liver oil — keep animal warm.

Lambs

Same as for calves with extra addition of one teaspoon glucose or similar. Feed little and often.

Foals

Two pints cow's milk, ½ pint warm water, 1½ oz glucose or sugar, 1½ oz lime water, 2 teaspoons cod liver oil. One beer bottle of mixture is sufficient for one feed. Six to eight feeds per day.

NATIVE ORPHANS

Possums

Eight oz water, 2 oz full cream powdered milk, 2 teaspoons cornflour, 1 teaspoon glucose or sugar. When big enough introduce rose petals, grated apple, bananas, etc. All equipment *must* be sterilized and the babies *must* be kept warm. The ones we have had to hand rear still come back at night to accept food from us.

Kangaroos

Eight oz cows milk, 6-8 scoops Lactogen or Sunshine (F/Cream) Powdered Milk, 8 level teaspoons Farex (omit if kangaroo is very young), 8 drops Infant Formula Pentavite, 5-6 drops cod liver oil. 1½-2 oz of formula every four hours and wipe the bottom after every feed to stimulate the bowels. Once again it is *imperative* that the babies are kept warm and the equipment sterilized.

If diarrhoea occurs, I have been advised to use Chlorodine, Kao Magma, or one of the propriety products, but have found that the addition of a little cornflour into the formula is adequate.

I have had a great deal of success in using the kangaroo formula for wallabies — possums as well. A constant even warmth is essential as these babies are very susceptible to pneumonia and the only ones I have lost have been those given to me (in a state of decline) by well intentioned people who have not understood this — *a bag on the back door knob is not sufficient!*

As a footnote, I have found that a teaspoon of Dettol frequently works miracles on scouring calves. (This one from a practising medical practitioner!)

Natural Goat Care

By Pat Coleby, Harcourt North, Victoria.

There are several follow-ups from my last article to sort out this time. You will remember, I mentioned about the goats eating lilac in the garden and looking off colour. Lilac and privet have the reputation of not hurting the goat much, but poisoning the milk a great deal. A short while ago, my daughter and her family moved up to an old house with the remains of a good garden and sheds and small paddock round it, situated near a little town north of Bendigo. She took along her goat and its kid for the milk supply. I helped them move but didn't see them again for several days. She rang and said that she and the children had had a gastric bug and as she's quite strict about good eating, I wondered what they'd caught. A couple of days later, I went up to see them and they all looked off colour. She said she couldn't understand it because the children seemed fine when they got up in the morning, but within half an hour of eating breakfast their faces came out in blotches and they became unhappy from then on. She just felt ill. There had been rumours that the local water was contaminated in some way, so she put it down to that. I went out in the garden to see how the goats were and found Magpie tucking into a privet bush. On enquiry, she'd been eating them almost as soon as they'd arrived. I had told my daughter, but she'd found controlling the old so-and-so a bit difficult, and she always got off and back to it. Not this time. I moved her and attached her securely to an old car a long way from the privet. Jo then acquired some cutters and cut all the bushes down to the ground. Since then the family has been perfectly healthy. This is the first time I have actually met this particular problem, so it is wise to learn to identify privet and lilac if you do not know them and keep the goats away.

The second follow-up was about sulphur. I have been using it regularly now since the last issue of Grass Roots, and the goats definitely look better in their coats. They were not actually lousy, but the bucks' skin was a bit dry, as were the does. I bought a goat a short while ago, forgot to check her for lice, but noticed that her udder was covered in dermatitis – cowpox or whatever – so a good teaspoon of copper sulphate mixed with Vitamin C powder was put down her throat, and a wash of 10% copper sulphate in cider vinegar on her udder soon remedied the problem. But just in the middle of milking her, I suddenly became aware that there were more people around than just Matilda and myself — they were the largest lice I had seen for some time just galloping about. It was very cold weather and I was busy as usual, so I jibbed at washing her. I gave her a teaspoon of sulphur three days running, and by the end of the week the lice had gone, I don't know where. They were not on the other goats, which I checked very carefully, so it seems an efficient and harmless way of dealing with what can be quite a problem; especially in Cashmere and Angora herds.

The third episode that occurred, which might be of interest, is a case of what the vet believes to be arsenic poisoning, going by my description of the symptoms. About ten days ago one of my best young milkers — Lowana — was standing behind me waiting her turn at the bail when I felt a deluge down my back. Hasty examination showed Lowana vomiting, almost like projectile vomiting in a child. Having cleaned myself and the immediate surroundings, I placed her in a pen and found that she was clammy and cold with gums and inner eyelids dead white — which I mistakenly supposed to be anaemia, not realising it was acute shock. Obviously she was a very sick goat indeed, and pervading all was a peculiar smell — not the smell of cud which one knows so well from when they belch at you. A small memory kept nagging me that I had smelt it before, but couldn't remember where. Anyway I started treatment with 10cc injected Vitamin C and 2cc of B12 (supposing her anaemic, but still a good supportive measure when in shock) for a start; by this time she was having difficulty in moving and lay down most of the time.

As soon as the vomiting eased up, I gave her a good big teaspoon of dolomite and some Vitamin C orally, just tipping the powder into her mouth. A liquid would probably have started her vomiting again. I offered her a hot drink which she wouldn't touch, but by evening she would drink milk. I repeated the injections two more times that day and by tea time she had stopped vomiting completely and had warmed up, the colour returned to her membranes and she looked a much happier goat. That night (I have a memory that buries things) I suddenly woke up about 3.00 a.m. and thought 'poison'!! Many years ago, an aunt and I saved a dachshund that had taken a bait, by unremitting round the clock nursing for 36 hours, and the vet that helped us do it told me to smell the dog's mouth because then I would always remember the smell.

Next morning, Lowana was up and asked to be milked, and although her production had dropped to almost half, she was a bit tottery but much brighter. I repeated the previous day's treatment and she took exception to the Vitamin C injection which showed she was better. I also added 1cc of Vitamin B15 which is a great help in normalising the liver. By this time, Lowana had started to scour continuously which was a good sign, I felt, as at least she was starting to get rid of whatever it was. I melted 15 garlic capsules and 1000 units of Vitamin E, poured them down her throat, and the scouring cleared up in a few hours, probably because of the combination of the dolomite and Vitamin C as well as the garlic and Vitamin E. After this, her recovery seemed so complete that I did not give her anything else. But two days later, she became very picky with her feed and would not leave the shed with the other goats. By this time, I knew what it probably had

been, so looked up the effects of arsenic poisoning in my medical book — bone marrow damage, renal damage and possibly chromosome damage, the latter not too much of a worry at this stage as she will not be mated for eighteen months. However, the first two were very worrying, so she has a large handful of parsley and comfrey every morning, and B12 and Vitamin C (orally) every few days. With this treatment, she is gradually looking better, her milk is up to normal, and she is going out with the others again. Now we just keep an eye on her and hope that the damage will right itself. I am also feeding her about 2 pints of milk a day, a practice I usually do not recommend, but it is one of the advantages of pan feeding your young stock, that if something of this sort occurs they will drink milk readily and perhaps save their lives.

Where did the arsenic come from? Arsenic never disappears and could have been in a piece of dust, bone or anything. Lead arsenate may still be around from when this place was an orchard or whatever.

The above may encourage Ines and John Huntly who wrote to G.R. 27 wanting to obtain comfrey for their goats. All mine has been obtained from splitting root stock, and provided it has plenty of water and some organic manure, it seems to thrive. It is high in calcium, and B12 among other things and is excellent for goats at all times. Juliette de Bairacli Levy says that it improves the butterfat production in cows, so one of my fellow goatkeepers told me the other day, and I imagine it would work the same way for goats. I have only one complaint, that I cannot keep it growing during the winter. I know you can dry it and I do, but I always feel the fresh article is better. One year I mean to try a cold frame and see if it will keep going with that. I have planted some in a damp area in the paddock, but I've an idea that the goats will not let it grow very much. As mentioned above, parsley is the other standby. Juliette also swears by it for many remedies and I have found it invaluable. As a rule, only a goaat who is not well will eat parsley in any amount. It is not one of the plants that is eaten if there is a raid on a garden.

Kidding is now finished for the year, and most of the first kidders had no trouble at all and came in with good milk considering that there is no green pick for them now. I've had a good ratio of does to bucks; and the smallest live and healthy goat I have ever seen arrived with the last batch. The doe had three kids. I heard her get started and left her as all seemed well, later returning to check the results and couldn't see anything in the shed. Then I saw him, standing wagging his tail and full of beans. So small, he could stand completelty under his 8 lb sister who arrived shortly after. He weighed just under one pound, and I made no attempt to give him special treatment. He was fed from the bowl like the others, three feeds a day, and he has done very well. Pip-squeak is still very small and a great character, but I have not a clue what to do with him. I really could not have him hit on the head; perhaps he'll go to a children's zoo or something! The other kid was a buck of 4 lbs that I dealt with immediately as he didn't seem very bright. Luckily Pip-squeak didn't have any horns, as I do not know what I would have dehorned him with!

I have been having trouble with the small determined band of escapologists among the goats. This was bearable while they had no udders, although it meant a mile walk to get them back each night, and I do not like my animals in the neighbour's property, but when they kidded this meant torn udders, so something had to be done. First I tried a method that has worked reasonably in the past — pieces of chain with an assortment of heavy objects (one per goat) on the end. But the most expert somehow managed to time their jumps so that chain and iron ring followed safely after. Now I have them chained in pairs during the day. Happily they do not seem to want to jump at night, so they can be loose then. But beyond one or two embarrassed looking goats, standing one each side of the plantation fence, who had to be re-united, the system seems to be working. I can leave the chains off about every third day, but any longer and they start remembering. None of these jumpers were bred on the place, or by me. My own baby goats live in runs that have really solid wire fences so they do not ever learn that fences are for anything except respect. It is not good to have to send three lots of goats out in pairs most mornings, but badly torn udders are worse.

I have planted as many sunflowers in the garden as I can this year. The goats really do well on them and they go a long way, as mentioned in the previous article. The stalks are relished as well as the heads, and they will eat the whole head until it is completely dry. After that I find it better to harvest the grain and hulls by rubbing the heads together before storing them. I also have artichokes growing; although the roots don't get used very much the tops are excellent summer fodder, as are sweet corn plants. If you have only a few goats, it is comparatively easy to grow enough food for them to have a manger full daily, right through the summer. Silver beet and celery gone to seed are useful as well as pea haulm etc. Once the plants have seeded (for my benefit and next year's crops) I give them to the goats. Also prunings and trimmings of berry bushes of various types. Prunus and the peach family contain a poison and should be very carefully fed. I have probably been lucky feeding them as I did not know, but from Samuel Guss' Goat Management I found that they were actually poisonous. It may be that goats become accustomed to unlikely things, because down south where we used to live I fed the goats boobyalla and cypress for years, and they did very well on them. It was not until someone told me that they could cause trouble that I started to worry.

STEAM DISTILLATION

By Nevin J. Sweeney, St. Marys, N.S.W.

After searching through my collection of various mags, I re-discovered G.R. 21 and upon re-reading, noticed a mention of steam distillation in G.R. General Store. I am an industrial chemist by trade and am well aware of the cost of 'Quickfit' and 'Exelo' ground joint glassware as I am attempting to set up a home lab. There are cheaper ways around this, by using the old classical methods used by chemists before 'Quickfit' came on the scene.

Steam distillation is the dissolving or formation of an azeotrope (mixture) of an essential oil and steam. This extraction process is usually used where the essential oil cannot be distilled normally (dry heat) because it would break down before it reached boiling point. The steam/essential oil azeotrope then is condensed and on losing its heat, the azeotrope breaks and the essential oil forms a layer on top of the water, to be decanted later.

As you know, the steam distillation apparatus is made up of four major components:-

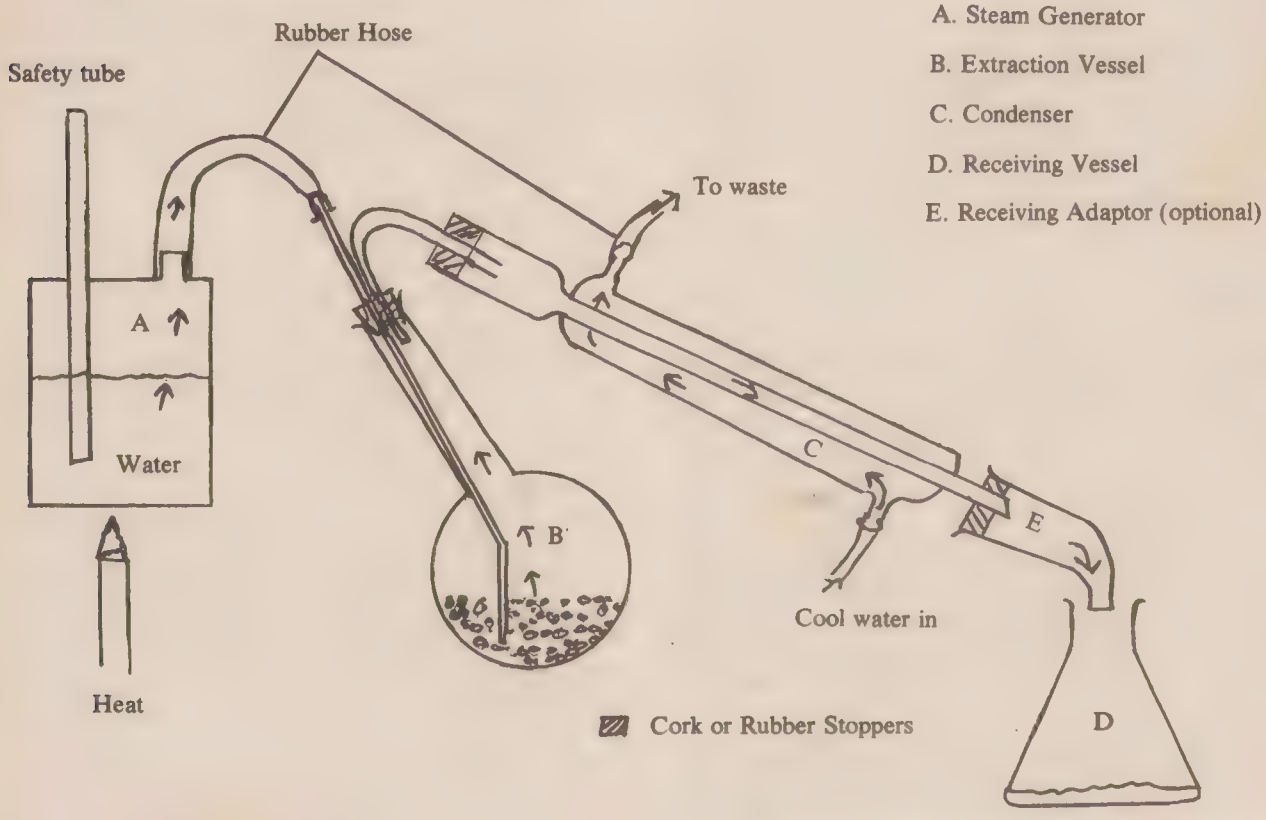
(a) Steam Generator
(b) Extraction Vessel
(c) Condenser
(d) Receiving Vessel

and the gear connecting them (refer diagram).

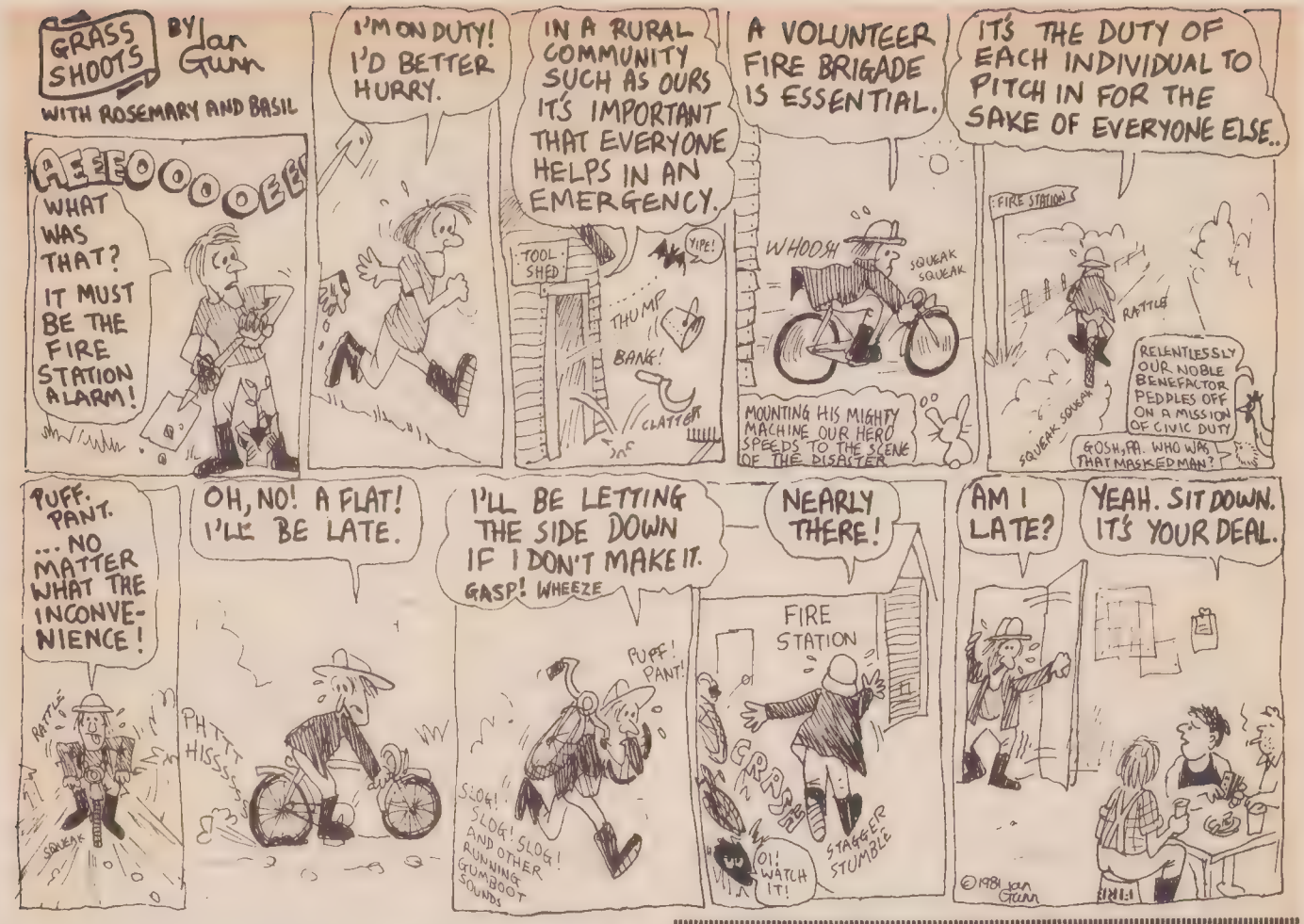
Everything (except the condenser and I'm no glass blower so it may be possible) can be obtained from laboratory supply places e.g. Selbys, Townson and Mercer, Labserv, etc. or rigged up at home. All the joining is done by corks and glass tubing.

A primitive steam generator may be constructed from an empty one gallon (or 4.5 litre) tin with some copper or other tubing brazed in the lid. A long 'safety tube' should also be present (see diagram). A glass tube carries the steam to the bottom of the extraction vessel, the mixture of steam and volatile essential oils is then condensed and passes into the receiving vessel which may be anything and not necessarily labware. The same goes for the extraction vessel but a round bottom flask is handy to have.

So you can see that the condenser is the most difficult to make and I should imagine that a non 'ground glass joint' condenser would be available from previously mentioned laboratory supply houses. I hope this may be of some help to 'home' chemists reading your excellent magazine.



Extracted oil floats on water from condensed steam


GRASS SHOOTS
BY Ian Gunn
WITH ROSEMARY AND BASIL
AEEOOOOEE!
WHAT WAS THAT?
IT MUST BE THE FIRE STATION ALARM!
I'M ON DUTY! I'D BETTER HURRY.
IN A RURAL COMMUNITY SUCH AS OURS IT'S IMPORTANT THAT EVERYONE HELPS IN AN EMERGENCY.
TOOL SHED
YIPE!
THUMP
BANG!
CLATTER
A VOLUNTEER FIRE BRIGADE IS ESSENTIAL.
WHOOSH
SQUEAK SQUEAK
MOUNTING HIS MIGHTY MACHINE OUR HERO SPEEDS TO THE SCENE OF THE DISASTER
IT'S THE DUTY OF EACH INDIVIDUAL TO PITCH IN FOR THE SAKE OF EVERYONE ELSE..
FIRE STATION
RATTLE
SQUEAK SQUEAK
RELENTLESSLY OUR NOBLE BENEFACTOR PEDDLES OFF ON A MISSION OF CIVIC DUTY
GOSH, PA. WHO WAS THAT MASKED MAN?
PUFF. PANT. ... NO MATTER WHAT THE INCONVENIENCE!
RATTLE
SQUEAK
OH, NO! A FLAT! I'LL BE LATE.
PHTTT HISSSS
I'LL BE LETTING THE SIDE DOWN IF I DON'T MAKE IT.
GASP! WHEEZE
PUFF! PANT!
SLOG! SLOG! SLOG! AND OTHER RUNNING GUMBOOT SOUNDS
NEARLY THERE!
FIRE STATION
GRIND
OI! WATCH IT!
STAGGER STUMBLE
AM I LATE?
YEAH. SIT DOWN. IT'S YOUR DEAL.
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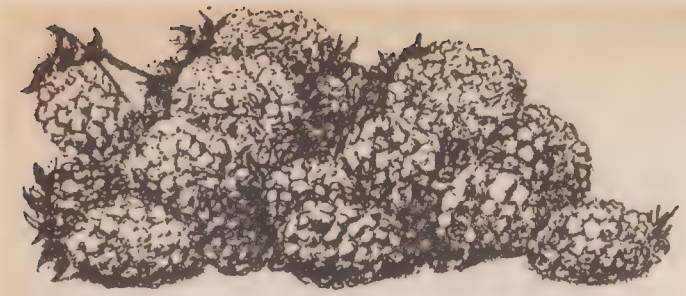

BLACKBERRY BOUNTY

By Judith Magor, Coromandel Valley S.A.

When the children come home from playing near the creek with purple dyed mouths, I know that the blackberry season has arrived. Then it's boots and buckets out and a family expedition into the tangled blackberry jungle at the bottom of our street.

What could be nicer than bowls of fresh, purple-black blackberries served with cream or homemade ice-cream? (See G.R. No. 8 p.16 Home made ice-cream). Our creamy ice-cream seems to complement them perfectly, so here is the recipe:

QUICK MIX ICE-CREAM

1 can evaporated milk
1 can sweetened condensed milk
1 teaspn gelatine
1 tbspn butter
1 teaspn vanilla
1 cup of water

Dissolve the gelatine in ¼ of a cup of hot water. Add the butter and stir until melted. Stir all the ingredients together and freeze until just the centre remains soft. Beat until creamy and doubled in volume. Freeze.

Few people can resist Blackberry Pie, so here is my way of making one. I use a biscuit crust recipe and roll the dough thinly to line a tart plate. Toss the blackberries with a little flour and sugar (one tablespoon of each to two cups of fruit should be sufficient) and tip into the lined tart plate. Cover with a layer of pastry or lattice pastry strips across the top. Bake in a moderately hot oven. If I lattice the top I sift a mixture of 1 dessertspoonful each of icing sugar and cornflour over the tart while it is still hot. The mixture dissolves into the fruit leaving a thick dusting on the pastry strips which looks very attractive.

The children will eagerly pick an ice-cream container of blackberries for me if I promise to make Blackberry Cake Pudding. Put the blackberries into a saucepan with a little sugar and bring to the boil. Pour the hot blackberries into a deep ovenproof dish and top immediately with the following mixture: ½ cup of sugar and 1 tbspn butter beaten together. Break in an egg and beat again. Add 2 tbspns milk, 3 tbspns S.R. flour and a little vanilla and mix lightly.

Blackberry Jelly Slice takes a little longer to prepare but is very good. Prepare a biscuit pastry and roll to fit a lamington tin. Prick well and bake blind. Gently simmer the blackberries and water (3 cups of fruit plus 1½ cups of water is a good proportion). Strain and measure the liquid. Add gelatine according to the proportions given on the packet. When the jelly is beginning to thicken, fold in the blackberries and pour over the cooked base. Set. For a special occasion you may like to decorate the jelly slice with whipped cream, or to fold some whipped cream through the jelly before pouring it over the base.

Another variation is to make a thick custard, add a little gelatine and pour this over the base. Allow this to set and then add the blackberry layer. A yoghurt layer could replace the custard layer.

With six in our family, a yoghurt container of blackberries seems a rather meagre offering. Two recipes which make a few blackberries go a long way are these:

BLACKBERRY SHORTCAKE

125 gms butter
¾ cup sugar
Vanilla
1 egg
1½ cups S.R. flour
Blackberries

Cream the butter and sugar. Add the beaten egg and the flour and work into a dough. Divide into four pieces. Roll two pieces and fit into two small creased tart plates. Add a layer of blackberries. Roll the other two pieces of dough and put one on top of each tart. Press down lightly. Bake in a moderate oven for 25-30 mins.

When fresh blackberries are no longer available spread some of your blackberry jam between the layers.

BLACKBERRY RIPPLE CAKE

2 eggs
125 gms shortening
185 gms sugar
250 gms S.R. flour
½ cup milk
Vanilla

Cream the shortening and sugar. Add the beaten eggs and then the flour and milk alternatively. Flavour to taste. Pour two-thirds of the mixture into a greased and lined cake tin. Toss the berries in a little icing sugar and pour over the batter. Spread the rest of the cake batter on top. Bake in a moderate oven for 30 mins. Dust with equal quantities of icing sugar and cornflour. Serve warm with custard, cream or yoghurt for dessert or cold as cake.

At the height of the blackberry season I make a few jars of blackberry jam and jelly. This recipe is particularly economical.

BLACKBERRY JAM AND JELLY

1½ kilos blackberries covered with water and brought to the boil. Simmer for 15 mins. Take out 3½-4 cups of the liquid and put aside for making the jelly. To the remaining liquid and fruit add 1½ kilos sugar and 750 gms of apples which have been cooked to a pulp. Boil together for 40 mins. Bottle and seal.

To the reserved blackberry liquid add an equal quantity of sugar. Boil for about 20 mins or until it jells when tested. Bottle and seal.

Any excess fruit available when I am too busy to make jam I open freeze and then package in meal size portions. On special occasions I open one of these packages and let the children eat the frozen berries as an after school snack — delicious!

If there are plenty of blackberries available, I like to preserve a few jars of blackberries or blackberries and apples for the winter months. Fowlers No. 20 jars fit into my crockpot and I find this a very easy way to do two or three jars at a time. Put the rings on the jars and fill the jars with the fruit. Make a hot syrup of 1 cup of sugar to 2 cups of water. Fill the jars with the hot syrup, and put on the lids and clips. Stand in the crockpot. Nearly fill the crockpot with hot water. Cover and switch on high. Leave for two hours. Remove.

If you tire of fresh blackberries, blackberry tarts, blackberry cakes and puddings and blackberry preserves you can always use them to dye your handspun wool!

APROPOS TO 'A USEFUL BIRD'

By Frank Povah

G.R. No. 27, page 66

Noticed in my article on pigeons in a previous issue there was an error in the paragraph on feeding — the way it has come out looks like it was my fault. The last line should have been *not* unhulled barley, sunflower or oats. The reason being that unhulled barley and oats are too hard for them to swallow properly (especially the nestlings) and the husk on sunflower is too tough for them to digest so you would only be wasting it by feeding it, for the most part. I have these horrible visions of people with choking and/or under-nourished pigeons due to something I had recommended.

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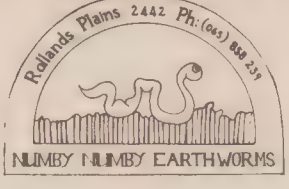

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BUDDING AND GRAFTING THE EASY WAY

By John, Melbourne.

In previous articles I gave details on growing trees from seed and by vegetative means. We saw that trees grown from seeds may not have the characteristics of either parents. Fruit trees grown from layers and cuttings will have the same qualities as the mother tree, but as many of our important commercial varieties have a poor root system, such trees are often weak and easily affected by various diseases.

So most of our fruit trees are budded or grafted onto a one, or two year old young tree that was grown from a seed or from a layer or cutting.

WHAT IS BUDDING AND GRAFTING?

In principle, budding and grafting is the same operation; a section of a plant (scion) is joined to another rooted plant (rootstock) to form a union. When the scion consists of one bud only, we talk about budding, when there are two or more buds on the scion, that is grafting. Budding and grafting are possible because small sections of the tree can survive for some time after they have been cut from the parent plant, provided they are kept moist.

In tree shoots, just under the bark, there is a moist, narrow layer, the cambium. This consists of cells which in normal conditions divide quickly and form wood towards the centre of the shoot and bark towards the outside. If the shoot is cut, cambium cells produce masses of callus cells.

When budding, or grafting, our aim is to have the cambium layer of the scion in direct contact with the cambium layer of the rootstock. Then the callus cells from the scion and stock will meet and mingle. As a result, there will be a complete union between the scion and stock, and the scion will be able to develop into a tree.

So, for successful budding or grafting, we must make sure that the scion and stock don't dry out and that there is a direct contact between the cambium layer of the scion and stock.

COMPATIBILITY

It often happens that people with one or two old fruit trees in the back yard or on the farm get the idea that by grafting, they could transform these trees into several varieties each, that would provide them with a range of fresh fruit through the summer. Unfortunately, grafting (or budding), has some limitations. Only botanically closely related fruit kinds can be united, other fruit kinds are incompatible. The type of scion that can be used on various stocks is shown in Table 1.

BASIC RULES

Over the centuries, fruitgrowers developed a great variety of budding and grafting methods, but only a few of these are in general use today. Many people think that budding and grafting would be far too difficult for them to undertake. However, once people try to do it, they will realize that the skills needed can be obtained by most with a little practice and success will depend to a great extent on observing the following simple rules:

a) A knife with a razor-sharp edge is needed to make smooth cuts.

b) The buds of the scion must be dormant.

c) The cambium layers of the stock and scion must come into direct contact, at least at one point.

d) Once the bud, or the graft is placed in close contact, it must not move and it must not dry out.

Budding or grafting are often interchangeable, if the stock or the part of the stock to be budded is one year old. Grafting can also be made on older wood. For propagation, nurserymen usually use budding for stone fruit and citrus, and grafting for pome fruit, nuts and grapevines. As a general rule we always bud beaches and nectarines as graft unions are not strong enough with these fruits.

BUDDING

Budding of a young rootstock — seedling, or rooted cutting or layer — is usually done during late summer, (January – February), when the young plant develops a mature shoot of about pencil thickness (5 mm) and when the bark of the shoot will easily lift up from the underlying wood when cut with a sharp knife.

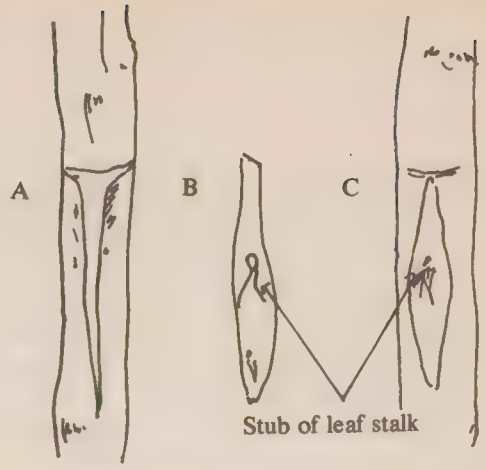
If the bark clings to the wood, the shoot is not suitable for budding. After thorough watering we can have another test, 2–3 days later.

If we want to 'rework' a mature tree, that is, change it to another variety, it has to be cut back the previous winter. Sometimes we cut back the tree quite severely leaving only 30–50 cm length of the main branches — or we may just cut back all side shoots and spurs. In the latter case, a lot more buds will have to be used, but the tree will

Table 1. Compatibility for Budding and Grafting

Rootstock	Scion	Is the Combination Compatible?
Apple	Apple	Yes
	Pear	No
	Quince	Unlikely
Pear	Apple	No
	Pear	Yes – except Josephine or Winter Nelis
	Quince	Unlikely
Quince	Apple	Unlikely
	Pear	Variable — on most pear varieties quince has a dwarfing effect
	Quince	Yes
	Loquat, Medlar	Yes, slightly dwarfing
Peach and Nectarine	Peach, Nectarine	Yes
	Almond, Apricot	Yes
	Plum – European	Variable (depends on
	– Japanese	variety)
Plum –European	Peach	Unlikely
	Nectarine	Unlikely
	Almond, Cherry	No
	Apricot	Yes
	Plum –European,	Yes
	– Japanese	Yes
Plum-Japanese	Peach, Nectarine	No
	Almond, Cherry	No
	Apricot	No
	Plum –European	Yes (but with some
	– Japanese	Japanese varieties could be unlikely)
Plum–Myrobalan	Peach, Nectarine	No
	Almond, Cherry	No
	Apricot	Yes
	Plum – European,	Yes – but not for
	– Japanese	King Billy
Cherry–sweet,		
— sour	Cherry sweet & sour	Yes–but sour cherry is dwarfing stock
Apricot	Peach, Nectarine	No
	Almond	No
	Apricot	Yes
	Plum –European	No
	- Japanese	No
Almond	Peach, Nectarine	No
	Almond	Yes
	Apricot	No
	Plum – European,	No
	- Japanese	No
Walnut – English, American hybrids	Walnut, English	Yes

Figure 1.



Steps in the budding operation:

A: the 'T' cut in the stock with the corners of the bark lifted

B: the scion bud

C: the bud inserted into the 'T' cut

regain its bearing capacity sooner.

Following the cutting back, dormant buds will produce many shoots during the following spring. These should grow sufficiently by summer so that they can be budded. As usually far more shoots will grow than we intend to use, some of the shoots can be removed in the spring and the remaining ones will grow better. However, we should leave and bud more shoots than required, just to make sure that we will have sufficient, even if a few of the inserted buds fail. The surplus can be thinned out later.

Usually we want to change our tree into a variety that we have not got in our orchard. So we must make sure that the mother tree, that will supply the bud, has fruit of the variety we intend to grow, that it grows and yields well and it is not affected by virus or other disease.

For budwood sticks we take shoots during summer; the shoots should be of this current season's growth, again about pencil thickness. We cut all the leaves off, but leave a short length of the leaf stem on the shoot. Ideally, the shoots should be used for budding straight away, however, they can be stored in plastic bags in the crisper part of the fridge for some weeks. Preferably budding should be done in cool weather, or during the cooler part of the day.

The budding operation should be done quickly — the main point being to ensure that no cut part dries out. First we make a 'T' cut in the bark of the stock or shoot — first a vertical cut, about 35–40 mm long, then a shorter, 15–20 mm long horizontal cut at the top of the previous one. Where the two cuts meet, the bark can be lifted slightly from the wood with the protruding section of the budding knife.

Before we cut the bud on the budwood, we must make sure that we don't use single flower buds, which cannot produce a shoot. With apples, pears, quinces, cherries,

citrus and most plums, the buds on the shoots grown this year are single leaf buds. But with peaches, nectarines, almonds, apricots and some Japanese plums, the single buds may be flower buds and for budding, multiple buds should be used. These consist of one leaf bud and several flower buds.

When cutting the budwood, we hold the bud stick upside down and start to cut about 15 mm below the bud and pull the knife towards us, under the bud, until we reach the surface about 15 mm above the bud. We hold the bud by the short stub of the leaf stalk and insert it, the right way up, starting from the horizontal cut on the stock and pressing it gently downward. The cambium layers behind the bud and in the cut surface of the wood must be in close contact. Budding is completed by tying the bud with plastic tape. The tape will perish eventually, so there is no need to cut it later (Fig. 1).

In about a week or ten days after budding we can check whether the budding was a success or not. If the short stub of the leaf stalk becomes loose and can be removed freely, budding was successful — 'it has taken' — but if the stalk remains attached to the bud it is most likely that it has died. During the next winter we cut back the rootstock above the bud. We usually leave a small stub that can be used as a support and the tender new shoots can be tied to it.

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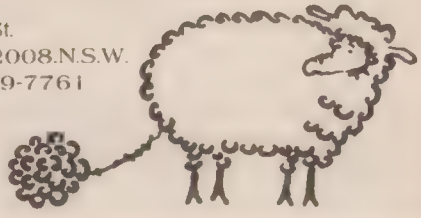


FELTMAKING

FELTMAKING AT HOME

By Rhonda Auchetti, Tyers, Vic.

I have recently read a couple of your magazines and thoroughly enjoyed them. My husband, my daughter and myself own 45 acres in this area on which we run beef cattle and sheep. We supply all our own meat and I spin our wool.

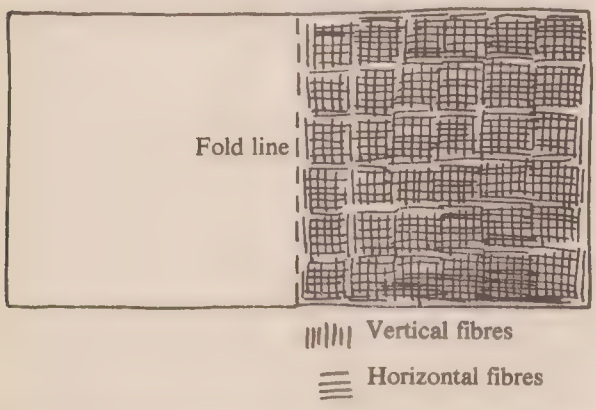
I regularly attend a local spinning group from which I gain immense satisfaction. Recently we held a demonstration and workshop on feltmaking and I was so fascinated with it, I thought other G.R. readers may like to try this craft. It is an excellent way of using up short wool.

EQUIPMENT REQUIRED

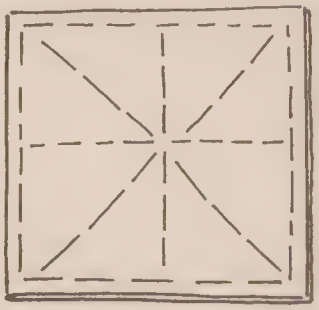
Fine cotton material e.g. calico (twice as big as finished product)
Cotton thread
Needle and pins
Scissors
Scoured wool (wool unsuitable for spinning i.e. too short or broken fibres)
Liquid soap or detergent
Axe handle
Hot water.

METHOD

Lay the cotton material out flat, mark off half then cover one half of it with well carded or teased pieces of fleece. With this first layer, ensure that the wool fibres are all running vertically, then apply a second layer with the fibres running horizontally. Make the layers several inches thick and cover the material well. You may even like to arrange a pattern e.g. coloured flower on a white background.



Fold over the uncovered section of material and gently smooth it flat. Fold in the edges several times, pin firmly then tack together using long running stitches. Next tack up and down the length of the material. The idea is to secure the wool down so firmly it will not move.



The whole article is now placed in very hot water and liberally covered with liquid soap. Then fold over into three and start belting with the axe handle. As this process is wet and messy, it can be done outside on concrete or something similar.

Dip the material in hot water several times and apply more detergent. Change the material around by folding in different ways; continue beating. As an alternative to beating, the material could be tied in a bundle and put through the hot wash cycle of a washing machine. Even pulling through an old-fashioned hand wringer will have a similar effect.

When the fabric feels hard and matted, the wool is felted. Snip the tacking, remove the material cover and you are holding home-made felt. Put aside to dry.

Felting is good fun and the finished article can be used for mats, clothing, lining, toys, cushions and the like. It is warm, uses up wool unsuitable for spinning and is easy and cheap to make. Hope you can follow my instructions.

SOMETHING OLD, SOMETHING NEW FELTMAKING

By T.D. Semmens, Hobart, Tas.

It is thought that ancestral man first discovered felting through the use of skins for clothing. The skins were worn fur side against the body where heat, moisture and friction caused the wool to form mats. These mats were then cut from the skins and joined together by further felting to form large pieces of fabric. The Roman historian, Pliny the Elder (A.D. 23-79), observed this and wrote that 'self-felted fleeces make clothing...'

The technique of feltmaking was practised by the ancient Persians, Chinese, Indian, Greek and Roman civilizations. Anthropologists have concluded that felt was 'invented' by the nomadic peoples of Turkey, Iran and Southern Russia. Pieces of felt dating back over 2500 years have been discovered in this area.

For these nomadic tribes, felt was (and still is to a lesser extent) both essential to their way of life and associated with religious and ceremonial practices.

One of the most interesting felt products of these nomadic people was the felt *Gur* or *Yurt* used for housing. It was a collapsible wooden lattice and pole construction six to nine metres in diameter, covered with felt. It was an easily transportable shelter and gave protection from both extreme heat and cold.

It was probably the invention of the wool carder in 1748 that affected the manufacturing of felt the most. It enabled the industry to grow from a craft to a bigger and more commercialised industry.

In Australia felt production reached its peak in the late 1940s. Since then felt has lost popularity due to the impact of new products, new technology and fashion and other changes.

Recently feltmaking has been 'rediscovered' as both an art and a craft and tremendous interest has been shown in it by fibre craftspeople. It is seen as something utilitarian as well as a new art and craft form, especially in the United States and increasingly so here in Australia.

WHAT IS FELT?

Felt could be defined as: 'a fabric-like or fibrous structure, formed by the interlocking of wool or certain other hair fibres by a combination of pressure, moisture and heat, without spinning, weaving or knitting.'

Felt may be made from raw wool, processed or used wool, with or without other fibres (natural or synthetic) and can include special finishes to impart special properties e.g. rubberizing, flame proof, to stiffen, etc.

Animal hair other than wool e.g. hare and rabbit fibres, usually need to be 'carrotted' (treated with a solution of mercuric nitrate in nitric acid) to impart good felting ability to them. Carrotting assists felting by softening or plasticising the bulbous base of the fibre which normally restricts fibre travel.

There are two most important characteristics which make wool ideal for felting. They are: (1) the scale structure; and (2) the elastic property of wool.

For felting to occur there are three essential requirements. They are:-

1. Moisture — moisture acts by virtue of its ability to facilitate extension and recovery, that is, to improve the elastic properties of wool.
2. Heat — heat also produces plasticity and flexibility which assists felting.
3. Pressure — the effect of pressure causes the wool fibres to move, by producing contraction with subsequent extension on account of the elasticity of wool, so that the fibres travel in the direction of their root ends. Pressure is applied intermittently, not constantly.

What happens then in felting is that when subjected to moisture, heat and pressure, the fibres migrate in a rootward direction. At the same time they curl, loop and entangle with one another, and their entanglement secures them in their new position and the resultant fabric so formed cannot revert back to its original shape without breaking the fibres, i.e. the process is irreversible. Shrinkage occurs by the action of the fibres curling and re-aligning themselves more compactly. However, the process of shrinkage will not go on indefinitely. As the fabric increases in density, friction builds up between the closely packed fibres and it becomes increasingly difficult for them to move in any direction. The fibres eventually stop moving and felting ends.

HOW TO MAKE FELT

Feltmaking is easy, although it can be difficult at times to make a strong and even felt.

Materials:

* Inexpensive cotton fabric e.g. old sheets or curtain lining.
* Short, greasy Polwarth or Merino wool (preferably lambs wool).
* Handcarders or Drum Carder (the latter is essential if doing a reasonable amount of feltmaking).
* Piece of string — approx. 500mm long.
* Soap or detergent.

Procedure:

Feltmaking requires experimentation. As a first effort the following is suggested. (If you want to make large felt articles, like a wall hanging or clothing, the same method applies but on a larger scale.)

1. Take a piece of cotton material 675 x 450 mm and dampen it thoroughly.

2. Card the wool into 'batts' using handcarders or a drum carder.

3. Place carded wool 'batts' evenly on the cotton, making sure subsequent layers are put at right angles to the one below. The number of layers will determine the thickness of your felt — 75 to 100mm thickness should give a thick strong felt. See diagram below.

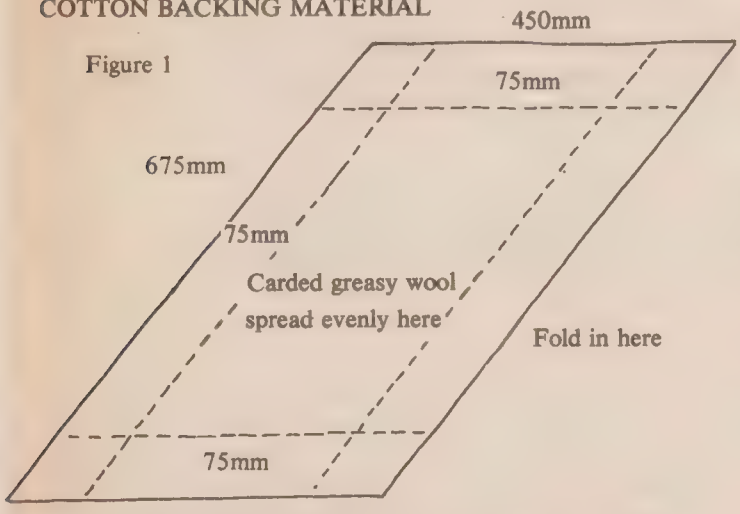


Figure 1

4. Fold in along lines shown in Figure 1, rolling tightly and tying with string (make it look like a roll of corned beef!). Another method is to cover the whole area with wool and over all of this place another piece of cotton and then quilting (not too tightly) all to make a 'package.'

5. Then place the roll (or quilted package) in a tray, dish or kitchen sink with some soap or detergent. Pour on a couple of litres of hot water and massage, roll, pummell and squeeze for some 15 to 20 minutes. Pour on more hot water from time to time. As an alternative you could do this in your washing machine using the hot/cold rinse cycle.

Note: For larger items you may have to use the bath or outside on the concrete where footpower would be better than hand power.

6. Unwrap, pulling the felt away from the cotton.

7. Once unwrapped, soap again and subject to squeezing, rolling, etc., again in hot water. This should finish the felting process.

8. Rinse using cold water. Do it a few times to make sure all the soap and grease is out of the felt.

9. Hang out to dry.

Other points:

1. On completion, hold up to the light to check on your evenness in laying down the wool in forming your batts — it should be even all over i.e. no light patches!

2. Shrinkage

(a) As a general rule, the finer the wool the greater the shrinkage.

(b) If a desired piece has specific size limitations, it is best to make a small sample of felt to gauge the amount of shrinkage.

(c) Some control over the direction of shrinkage can be achieved — felt has a tendency to shrink parallel to the direction of movement or agitation.

3. It has been reported that wool can be mixed with as much as 80% other fibres and still felt.

4. Felt can be brushed to give it a hairy surface, however this is not recommended if intended for clothing, rugs or other objects which will receive a lot of wear.

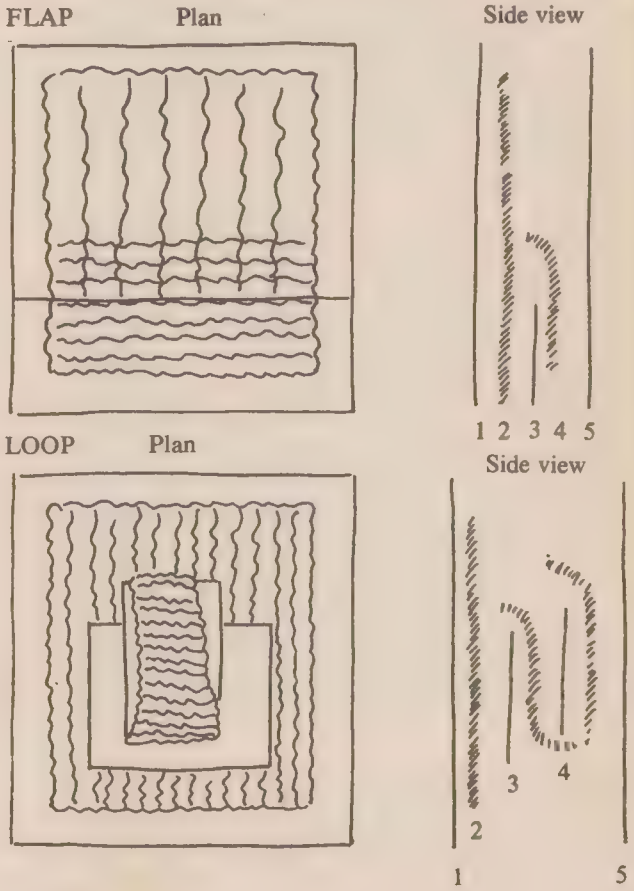
5. Felt can be decorated by laying pieces of yarn, fabric or fibre on the surface prior to felting, e.g. mohair on top layer to give a mohair look and feel.

6. Felt can be dyed with commercial or natural dyes.

7. The type of wool used will determine the softness or otherwise of your felt. Generally the finer the wool the softer; the coarser, the harsher the felt.

Flaps, Loops and Pockets:

These can be easily incorporated into felt making.



Key:
1. Backing cotton
2. Wool batts
3. Cotton separator
4. Wool batts
5. Top cotton layer

Points to note in forming them are:

1. Separate all fibres with a cotton separator if you do not wish to join them.
2. Joinings should be 50mm wide and taper.
3. Joins will not show if both are the same colour.

Items To Make:

The things that you can make from felt will depend largely on you — your imagination and technical ability. Because you can embroider and do other things with what seems very ordinary plain felt, the end result(s), however, can be very beautiful and/or utilitatian.

Here, then, is a very brief list of items you could make from felt:

Clothes, slippers and boots, cushions and rugs, wall hangings, soft toys (including balls for children), mittens and oven gloves, sculptural and artistic pieces.

Reprinted from the *Newsletter of the Handweavers, Spinners & Dyers Guild of Tasmania*, Secheron Textile Centre, 21 Secheron Road, Battery Point, 7000, Oct-Nov. 1980.

THE GRASS ROOTS BUMPER BOOK

Some time ago, in one of our busiest moments, Meg suggested we publish a special Grass Roots for Christmas. I was about to deliver a hasty response when I realized she was serious! After quite a few excellent contributions from readers, and much burning of the midnight oil, we have finished a publication we think you will really love. Some of our regular writers have written their thoughts on Christmas, and what a variety they are, from festivities in Holland to a traditional Australian bush celebration. As well, there is plenty of holiday reading for all ages, plus ideas and instructions for making presents and greeting cards. And to help young and older family members alike, we have listed the many ways of keeping kids occupied during the holidays with projects and resources. The Bumper Book is not just throwaway holiday reading, it is a giant 136 page collection of thoughts, experiences and activities that you will read and use, over and over again. It would make a wonderful gift for yourself and those you cherish.

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NATURAL FLY REPELLENT

With the warm weather — the blow flies. To keep flies outside where they belong, combine equal parts of clover flowers, broken bay leaves, crushed cloves and eucalyptus. Tie this mixture in small mesh bags inside your entrance doors. Anyway it's nicer than fly spray and it doesn't incur 17½% sales tax — yet.

Reprinted from *Towards Self-Sufficiency Society Newsletter* September 1981, C/- E.M. Wilson, P.O. Maldon 3463.

TO PRESERVE LEMON JUICE

Cut each lemon in half and strain the juice carefully removing all the pips. Pour the juice into clean bottles leaving enough room to pour in one tablespoon of pure olive oil. Cork securely. The oil will not effect the flavour. When taking out the juice for use, insert a clean piece of flannel to absorb the oil. Juice will keep for several years this way.

Twelve Volt ELECTRIC FENCES

By Nev Ackland, Nairne, S.A.

If your fences are falling over or you simply haven't any at all, electric fencing might be worth considering. Whether you prop up your old fence and attach one or two insulated electric wires to it, or build a new fence from scratch, if you do it right, it will cost a fraction of conventional fencing and work just as well — in some cases even better. An electric fence includes an energiser, either 6, 12 or 240 volt (hooked up to a car battery in the case of the 12 volt units). The energiser sends out pulses along the wire every couple of seconds. If you happen to be holding the wire at the time, you will quickly let go — but will suffer no after effects. Each electric wire must be insulated from the posts and under no circumstances touch the ground. There is a wide variety of insulators and other equipment available.

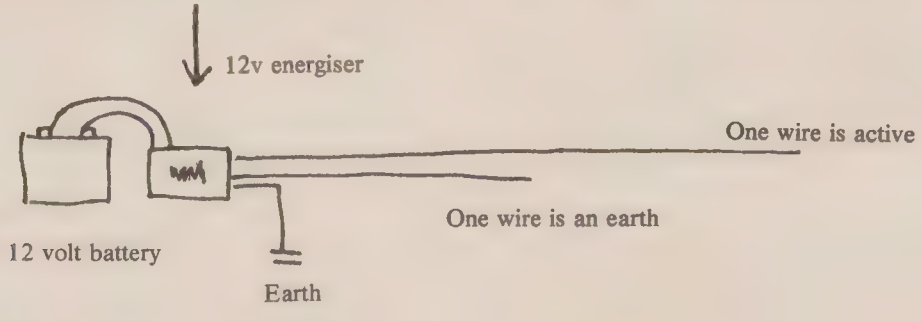
The reason going electric is cheaper is that you use less material and labour than in conventional fencing. I have constructed about 2km of four strand electric fence on my 80 acres over the past two years at one third the cost of 5 strand Cyclone and 2 barbs. The wire is inexpensive, you use less posts and strainers can be lighter. It all works on the principle that the animal is confined by its respect for the power of the fence. Many animals touch it once and never go near it again, hence less wear and tear on the fence. An old fence can be saved once the animals are shocked into the realisation that it bites.

A word of warning. Unless you want to spend your time chasing animals and repairing your fence build it carefully. If an electric wire touches the ground the fence will loose its effectiveness. If the animals discover this they may simply walk through or step over it, as the light gauge wires and widely spaced posts are not a physical barrier in themselves.

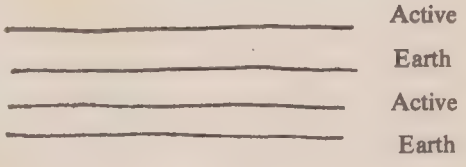
My four strand fences are fantastic for keeping big animals in or out and even opposite sexes apart. Sheep, especially small lambs, are a little more difficult when in full wool as it acts as an insulation. Horses may find it difficult to see the wires, but if they do, they won't go near the fence. Goats may need an extra strand if they're into jumping.

A 12 volt solar cell kit is available, or a wind generator can trickle charge a car battery for those without mains power. Without charging, a good battery may last a month, depending upon the length of wire being electrified — many energisers will run 40 or 50 km of wire so once you have it set up, adding extra fences is no problem.

I hope this information is of some help. Electric fences do have their limitations but without them I wouldn't be able to afford new fencing at all.



Each fence has 4 wires. All wires are insulated from the posts and the ground. The earth wire returns to the unit and guarantees a very good earth and hence an effective shock if the animal tries to push through the fence. If the animal leans over the fence it gets a shock by earthing itself through its feet into the ground.



Poetry

COUNTRY CHORALE
It's full moon tonight, and close by the fence
You can see a small huddle of sheep.
And in the tall gums on the side of the hill
The magpies just won't go to sleep.
They call and they carol and practise their songs
And make such a hullabaloo
That a bevy of bullfrogs, in mud by the creek,
Have to join in a chorus or two.
Then hundreds of crickets start scraping their wings
To provide them with some orchestration,
Which drowns out the bullfrogs who give a last croak
And subside into sulky frustration.
But the magpies keep calling and carolling on
'Til the moon slips away out of sight.
Then with one final moment of magical sound,
Peace is restored to the night.

Merna Anne Cichon.

HEREFORDS
No isolates in this stolid mob;
Strictly herd-type creatures,
they stare, mute and massive,
statues of red and white —
legs propped, immobile,
heavy as logs.

Pausing, I return their curious gaze.
Who now will out-stare whom?

Until the farmer drives up
along the foot of the rugged slope,
braving the rigour of the sharp sea mist,
to deliver his daily bales of hay
on this lean June day.

Sudden movement — I am no longer centre stage —
phalanx formation disperses
like a wave breaking into shapeless mass.
A dozen beasts tossing their white faces
scatter precious grain head and stalks,
like confetti showering through strings of spaghetti.

Herefords lack the guile of the tiger,
and know not the finesse of the fox.
Though ruminant, the do not ruminate
their fate. Innocent, they eat and fatten
that they in turn may be eaten;
dumb victims of man, the carnivore.

Myer O'Donnell.

LEAVE UNDISTURBED
Tread lightly when you walk in the forest,
The carpet beneath your feet it breathes.
The breath of small unseen things
That live neath ferns and leaves.
Tread lightly.

Pass quietly when you stroll by the river,
Still waters hide primeval life.
Plants growing by its reedy banks
Are home for fish and bird.
Pass quietly.

Walk gently when you wander in the desert,
Disturb no plants or rocks or stones,
They all give shade from heat and storm,
Are secret homes for living things
That run and crawl and slide.
Walk gently'
Pass quietly,
Tread lightly,
Leave undisturbed.

Kathleen Crosby.

A raindrop falls
on a trembling leaf.
The sunshine glistens;
the raindrop is gone.
Another raindrop falls;
the cycle continues.

Abby Rossiter.

Don't ask me about my mother
Don't ask me about my father
Don't ask me about my lover
Just ask me about my will to live.

Skye Jenkins.

As the sun rises over a bleak horizon
Denuded, by mans heavy hand,
The rays of light on a long, long flight
Rise over a dying land.
For man's been consuming to such an extent
And thinks it'll never happen
He's taking it all, leaving nothing behind
Then finally he's going to find
He's raped the earth of all it holds,
Except for his OWN EXTINCTION.

James Boal.

AFTER THE DROUGHT
Out upon the sandy ridges
Among the mountains I roam
The wildflowers are blooming
In this country we call home

Wait awhile before you pass
To gaze at their hidden beauty
In the tallness of the grass
Open your eyes don't move fast

Delicate in their markings
My, and are their hues
Where the [illegible]
In this country that I roam

H.A. Franz

[illegible]
[illegible]
[illegible]
[illegible] neglected
to shed a tear.

Michael Knights.

The kookaburra,
Nature's sleepy disc jockey,
Laughs off [illegible]'s problems

W.B. Williams.

THE WINDY MAN
[illegible] like the wind,
One day you blow in through my open door and windows, bringing with you the freshness and delicacy of spring. Or the next you are moody, the skies are in a turmoil over your indecision. But worst is when [illegible] reaching peoples' hearts apart and [illegible] invisible barriers, so carefully constructed [illegible] defence. Yes so changeable and totally [illegible]. But nevertheless a necessity to [illegible] of your domain.

[illegible]

LITTLE BLACK SEEDS
Oh, little black seeds, you fall among weeds
In a land of money and power.
The purest of gold that ever I saw
Was gold of the sweet wattle flower.

Red was the stream of the blood in each gash
On the backs of the men in the fetters
Red was the law of the gallows and lash
In the land of the rich and the squatters.

White were the men with their horses and guns
Who rode out ahead of the native
Black were the bodies of our native sons
On tribal land after each battle

Red was the law for the starving and poor
While rich overlords had fat bellies
Red was the flame that flickered and came
With Lalor, Ben Hall and the Kellys

Blue was the flag of the cross and the stars.
Red was the light of the morning
Red was the blood on the Eureka mud
And Eureka's ramparts adorning

The flame of the candle is flickering pale
While rich men great profits are reaping
Ned Kelly was hung in the old Melbourne jail,
They shot Ben Hall while he was sleeping.

Weak is the light and so dark grows the night
In the land of the millionaire farmer.
Where man's only care is a Stock Exchange share
And rust covers Ned Kelly's armour.

Lonely the flag of the stars and the cross.
Lonely the hearts that are breaking
The seeds of the wattle may lie in the moss
For many long years before waking.

Oh, little black seeds you fall [illegible]
In a land of money and power
The purest of gold that ever I [illegible]
Was gold of the sweet wattle [illegible]

kids pages

Dear Grass Roots,

I am 10 years old and I have a brother 8 years old and a sister 6 years old. I live on a small farm. Hope you can find me a pen pal in a state other than N.S.W.

Lyndall Campbell,
Lot 3 Ninth Avenue,
AUSTRAL 2171.

Dear Grassroots,

I am 10 years old and would like a penfriend. I came over from England on 23rd January 1981. I am interested in self-sufficiency and read every edition of your magazine. I have a dog and a cat which has just had kittens. I would like to hear from anybody with the same interests.

Jane McDonald,
C/- Post Office,
ALFREDTON 3350.

Dear Mr. and Mrs. Miller,

I am 7 years old and I would like a penfriend. I live on a farm in Gundagai and I have a sister called Kirsty. We have goats, sheep, a horse, chooks and four dogs which are called Rose, Bear, Sparky and Biddy and also six chickens.

Clare Gillespie,
Ardmore,
R.M.B. 337,
GUNDAGAI 2722.

COOK'S CORNER

HONEY EGG FLIP

1 teaspoon honey
1 egg
Milk
Flavouring

Break the egg into a bowl, add the honey, milk and flavouring, and beat with an egg beater. Pour and drink.

HONEY MARZIPAN BALLS

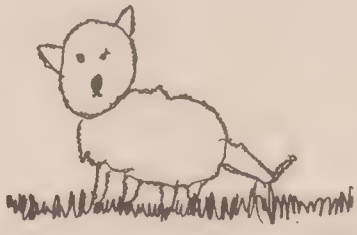
4 oz ground almonds
About 1 tablespoon thick honey

Mix almonds to a firm paste with the honey. Roll into balls or if you feel really creative, perhaps you can mould into simple animal shapes like a mouse, chicken, caterpillar or tortoise.

SNOWY — by Josie O'Neill

We have a little lamb called Snowy. My dad brought Snowy home one day after visiting some friends. She was a twin and because she was the smaller, her mum did not want her. Our friends did not want her either. We were very happy and had to go to the chemist to get a special lamb teat. At first, all she did was drink and Mum was cross because she had to feed Snowy when we were at school. When we got off the school bus at night, Snowy would run down to the gate to meet us and if we ran round and round the hayshed she would chase us. Sometimes she would even jump and buck, which looked very funny.

We helped Mum put a ring on Snowy's tail although we liked her more with a tail. Lambs have to have their tails taken off because they get fly strike in the summer which is awful. After a while Snowy stopped having bottles and we tethered her with a big collar and chain on the lawn. She would 'baa' whenever she saw us and sometimes we would let her loose to have a run. She has grown up now and is too strong to tether on the lawn, so she runs around in the orchard. She likes the orchard. We hope she will be a mother soon. We hope she will have twins because we like lambs.

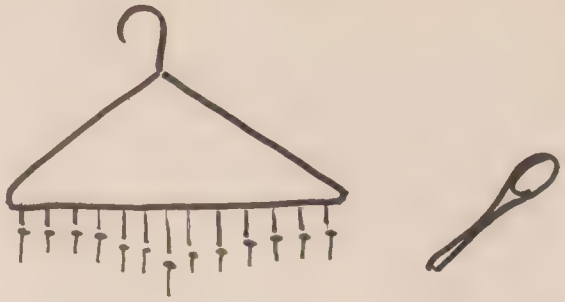


HOME-MADE MUSICAL INSTRUMENTS

By Dale Duggan.

SCALES

1. Tie different size nails to the wire bar of a coat hanger. Use light string or heavy cotton, leaving 2cm between nail head and bar.
2. Space nails 2-3cm apart.
3. Arrange nails in any of the following ways: randomly, longest — shortest, short long, short long, short long or short, medium, long repeated.
4. Suspend coat hanger from something firm e.g. rafter or underside of branch.
5. Use a metal knitting needle, spoon or rod to strike nails.



BOTTLES

(a) Arrange empty bottles of different shapes and sizes according to pitch, or just randomly and strike with various objects as an experiment with sound.

(b) Arrange empty bottles and jars as above but blow in them to discover sounds.

(c) Arrange identical bottles in a line. Fill with increasing amounts of water to produce a scale. Either blow in them or strike with an object.

THE MARBLE MAN

To make up you will need:-

a marble
a piece of felt or thick fabric
small coloured scraps of material
needle and thread
fabric glue.

* Trace around the outline, and cut out.
* Double over the fabric, pin on pattern and cut out.
* Stitch half the head together, push in marble then finish off stitching.
* Glue arms and legs together.
* Glue on scraps of fabric for eyes and mouth. Add hair or a hat if you like.
* Sit the marble man on a tilted rough surface — watch him somersault down!

DESIGNING FOR ENERGY EFFICIENCY AND SELF-SUFFICIENCY

Part Three

By Stephen Ingrouille, Melbourne.

Having finished writing the second part of this series (printed in the last issue of Grass Roots) I felt that possibly I should have been more specific in my suggestions. Apart from some points on solar hot water systems, part two was mainly about passive solar design of houses. I wrote that you should help keep a house cool in summer with the use of over-hanging eaves and deciduous trees and vines. I failed to mention, however, what happens in the middle of summer when the vines and trees start to dry out, and a wild fire with 30,000 kilowatts of energy per metre of fire front approaches the house. The simple answer is that in the design of your house, trees that help retard fire should be used near buildings. This example helps to highlight two important factors. Firstly, that you should consider much more than your dwelling when contemplating the concepts of good design — in fact you should take into account your whole site, with buildings being only part of a well organised integrated design. Secondly, the apparent conflicts that arise when trying to plan such a system.

Your land, regardless of size, may be called upon to provide food, water, access and protection from the elements: fire, wind, rain, heat and cold. How these things are best provided will depend on how well you plan. If you already have an existing property with a poorly designed layout, some of the concepts below can still be gradually implemented.

One way to approach the development of your site is to divide it into three zones.

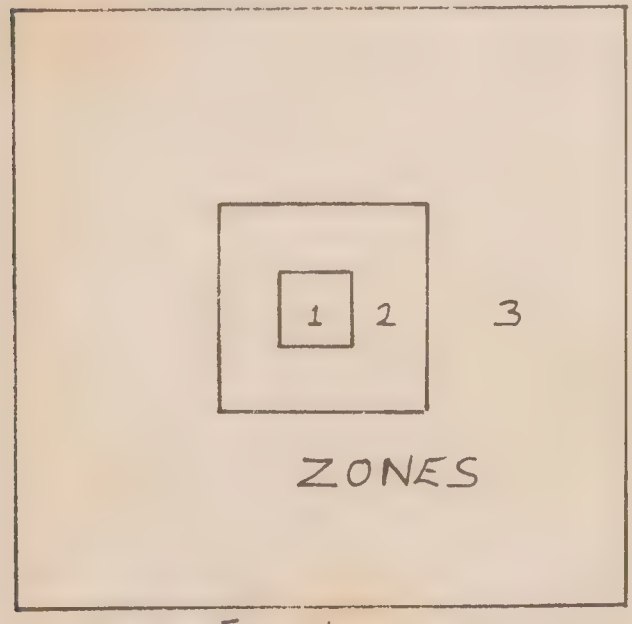


FIG. 1.

For ease of illustration, I have chosen the square block design, but your zones should reflect the shape of your property. Zone 1 which consists of the dwelling and functions with intensive use, need not be in the centre, but depending on your landscape, at the most appropriate place on your site. Further, the zones can be of any size, depending on your needs and desires. Zone 2 should consist of main crops and less intensive agriculture, while zone 3 would contain tree crops and/or pasture. You may wish to create more zones for bushland or other uses.

The next step is to divide your property into sectors. For Victorian conditions sectors would look something like this:

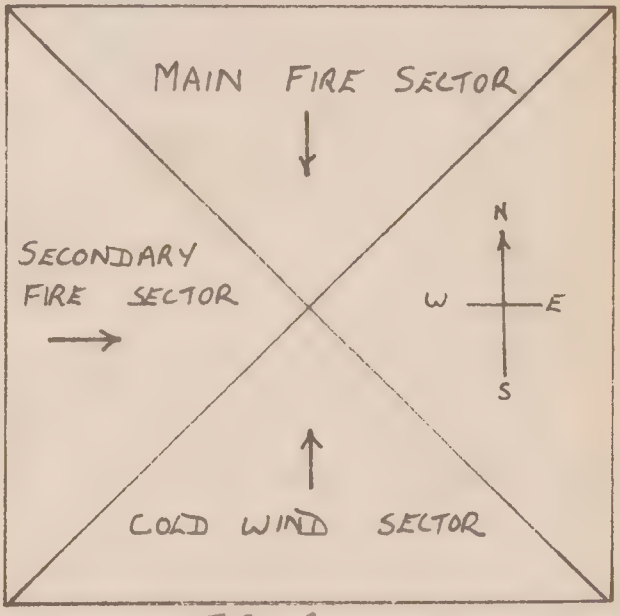


FIG. 2.

The northern area is the primary fire sector, and it is from this direction that bushfires are most likely to come, so it is not a good place to create zone 1 (with your buildings). The western area is also likely to be prone to fire should the summer winds change to that direction. The southern area may be effected by cold winter winds, and wind breaks should be constructed or planted to suit the uses of the various zones. Find out what conditions effect your site — from government departments and local farmers — and plan your land accordingly.

The first thing to do is to collect all the available data on climate, soil, existing plants, what you intend to farm, your abilities, and importantly, your capital and potential cash flow. Chart these in terms of the zones and sectors but keep in mind, when planning your efficient farm, there are a few basic steps to follow.

1. Work in stages. Don't try to do everything at once, nor try to complete major projects in one go. If you need a small shed, don't build a huge barn, but build a small shed that can be extended as time, money, and necessity permit. Don't plant hundreds of trees in far paddocks that you can't protect and water because you are busy building your house in zone 1 — instead plant suitable trees nearby that can be easily tended. If you need rabbit proof fencing build it around your central zone, and later when you can afford and need it, around the rest of your property. Plan carefully. Work in stages.

2. Site activities in zones by considering the frequency with which they need to be tended. You may need to check your poultry shed daily for collecting eggs and watering, etc. so don't place it in zone 3. On the other hand, you may visit your nut trees only a few times a year so these can be placed in the outer zone. Those things you need to do often should be near the house.

3. Plan structures with multi-functions. An access road may be part of a dam wall (allowing water to run into the dam) and may help form part of a fire break. Trees provide shelter, stock food, firewood, firebreaks and food. A fence can be a screen, a wind break and provide a trellis for climbing plants.

4. Plan for energy efficiency and recycle where possible. Build efficient dwellings. Use gravity for water supply and waste disposal. Compost.

5. Install systems that require low maintenance. Devices without moving parts (such as thermosyphon hot water systems) are less likely to break down and are usually easier and cheaper to fix.

In this article I want to concentrate on the central zone with particular emphasis on fire protection. A design for zone 1 in detail may look like this.

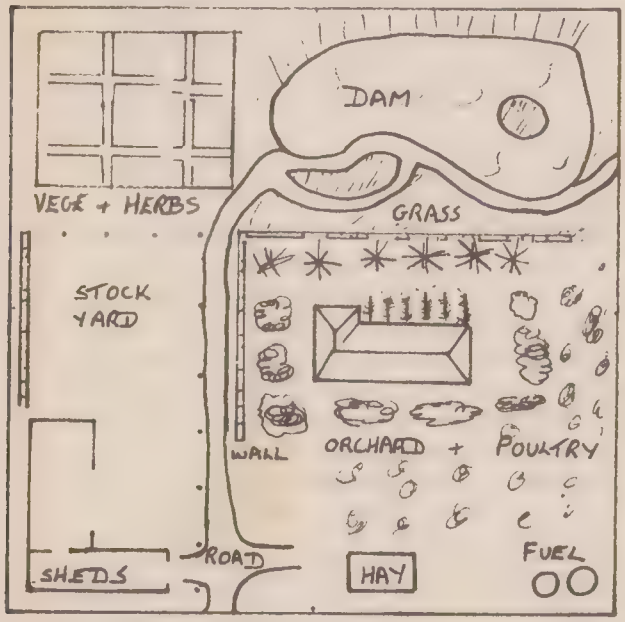


FIG. 3.

In this example the dwelling is placed near the middle of the central zone. Behind it are the orchard and chook pen in a reasonably fire safe area, and behind them in probably the safest area, the haystacks and fuel tanks. In front of the house is a large dam or pool helping to provide protection from the most likely direction of bush fire. In front of the dam, a bare embankment and in front of that towards the north, a well-grazed paddock. Between the dam and the house is a road, a stone wall and fire retarding deciduous trees. Around the rest of the house are fire retarding evergreen trees and vines which also help give protection from the winds and the sun. Towards the north-west, the house is protected from fire by a vegetable and herb garden. Note that waste water can flow from the house into the dam, and that the dam is close to the gardens for ease of watering. Fire protection to the west is with a bare yard that is used for stock handling, and of sheds built of non-burnable materials. The sheds are used to store machinery and keeping stock and are in close proximity to the haystack and fuel tanks.

To the west beyond the vegetable garden and stock yards, again the grass is kept well grazed in the summer months. To the south, behind the orchard, an embankment and rows of trees help give protection from the cold winter winds.

The nature of a bushfire is of interest. Victoria, for example, is particularly vulnerable to fire. A typical large fire in this state occurs on extremely hot dry days, with strong gusty winds blowing from the north to north-west, though often this wind will later change to a south-westerly — hence the secondary fire zone. The intensity of a fire is determined by the fuel load, wind strength and ground slope — the steeper the slope, the faster a fire will move. Fires may travel at least 20 km/hour and can jump large areas of cleared land, sometimes by sending sparks ahead of the main fire thus starting new fires, but they need three elements — heat, oxygen and fuel — and removal of any one will extinguish or prevent a fire.

There are many things you can do to stop a wild fire destroying in minutes, a farm that has taken years of your work. The more things you do, the safer your farm is likely to be, though no property will ever be one hundred per cent fire proof. The first precaution concerns your house site. Some sites are more prone than others, thus ridges and steep slopes should be avoided, particularly on the north and northwest. Houses on flat or gently sloping sites are safer. Beware of building too close to a forest on the north or west — sparks may travel up to half a kilometre.

Secondly plan the layout of your central zone with fire protection in mind. This has been discussed to some extent, but remember also that sheds should have the open side to the east or south. Make sure that there are no wind tunnels which would allow the rapid spread of fire. Plan a water distribution system so that areas can be flooded and sprinklers can cover walls of buildings.

Thirdly, the design of, and the materials used in, your

buildings are important. Simple designs reduce wind turbulence and eddying. Slab-on-ground construction is preferable (both for fire protection and thermal insulation). External openings should be covered with fine wire mesh and gutters should be kept clear of leaves. L.P. Gas bottles should be located on the east or south sides with the relief valve pointing away from the house and clear of egress and access paths. Care should be taken when using sheds for dual purposes such as woodshed and machinery.

Finally, we come back to trees. Trees and scrub, particularly native vegetation, inappropriately placed can be a major fire hazard and old cypress hedges can burn like a furnace. The most fire-resistant trees have a high leaf moisture content, very low leaf oil or resin content, and minimal dead matter during the fire danger period. Trees can be used 6–10 metres from buildings as radiation shields, and as windbreaks, provided the windbreak is long and high enough, appropriate species are used and located far enough away from buildings, and provided there are no gaps to allow the wind to funnel through. A low risk garden consisting of green lawns, bare ground or non-flammable ground cover plants which catch sparks and act as a heat shield, will help secure your property.

More information on fire prevention can be obtained from government authorities including Fire Boards, Forest Commissions and local councils. In Grass Roots No. 28 p. 29, there is an article on bushfire safety. The books *Permaculture 1* and *Permaculture 11* have sections on site planning and fire safety. Alas, *Permaculture 1* is out of print in Australia. We hope to import it from the States and it should be here by April 1982. You can reserve a copy. *Permaculture 11* is available for $7.95 (plus $1.55 postage and packing anywhere within Australia) from Going Solar, 320 Victoria Street, North Melbourne 3051, ph. 03-328-4123. We have also for sale in the nursery section, some suitable species to plant for fire protection including: Kurrajongs, Carobs, Horse Chestnuts, Hackberries, Laurels, fruit and nut trees. These can't be freighted but can be picked up from the above address.

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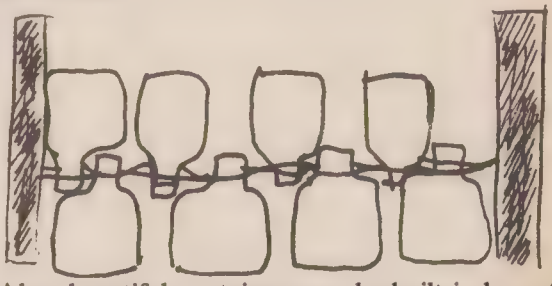
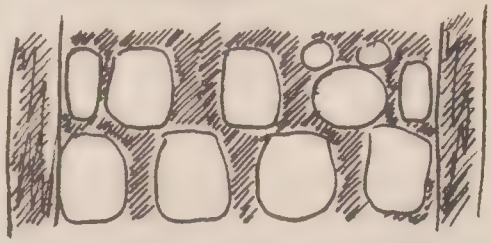
BOTTLE WALLS

By Trude Rosental, Mullumbimby, N.S.W.

Thought I'd send in this idea as I recall someone enquiring about bottle walls. We think a better, more beautiful effect, using less bottles, could be obtained by using flagons in alternating rows of upright and upside down flagons with wires strung between uprights and twisted around necks to make the reinforcing. This method has the advantage of leaving necks sealed in the cement (obviously bottles must be clean, dry and capped). It uses less bottles and leaves you with a wall of glass bubbles as mortar covers necks and only the belly of the glass is visible.



Also, beautiful containers can be built in by cutting necks off flagons and inserting sideways in the wall to make slightly tilted or horizontal 'cupboards'. Smaller bottles would also have to be used where required to fill in the smaller spaces. Wire strands must be twisted around each neck for wall strength.



HOW TO MAKE COLD CREAM

Take 125g of sweet almond oil and 60g each of rose water, white wax, cocoa butter and lard. Put a bowl in a pan of boiling water, cut cocoa butter, lard and wax into small pieces and let them melt in the bowl; add oil and rose water; blend and stir occasionally until cold.

TO KILL COCKROACHES

If nothing else tempts them into eternity, try a half-and-half mixture of borax and brown sugar. Why these pests go for brown sugar, heaven only knows; however, it is said that they do.

CAN YOU CHANGE A TAP WASHER?

By Dave Richardson, Wollongong, N.S.W.

Perhaps a dissertation of a philosophical nature has no place in a journal that is devoted to the very practical art of self-sufficiency and the philosophy of 'do-it-yourself', but for those who cannot understand why so many are trapped forever to remain in a suburbia with countless service organizations that can fix just about anything for a price, I hope to show that it's not really their fault.

Basically what I'm going to talk about is technology — and none are exempt from its influence, and as a starting point I've chosen a very basic piece of technology that has been in existence for a very long time — the common tap. Man has always used water and much reverence has been placed on it; the ancient Greek, Thales, considered that the stuff of life was water.

Most of us have at some time been faced with a dripping tap, And all that was needed was a new washer. R.M. Pirsig in *Zen and the Art of Motorcycle Maintenance* devotes some time in examining the problem that his friends John and Sylvia, have with their leaking tap, and concludes, 'It's all of technology they can't take.' In the example of the tap and its leaking washer why should this be so — taps are not new, in fact we live with them all our lives. In fact what we are doing is we take the tap for granted — it's always been there! And if we have never had to come to grips with a leaking washer and fix it, it can be that we find ourselves up against a piece of technology that can be compared in complexity to that of a T.V. set. We don't understand what makes it work. We've never had to! There's always been someone to turn to, to fix it. And to some extent, the more complicated an article appears, the less inclined we are to attempt a repair.

There is a maxim — 'the fewer parts, the less likely there is of failure at a critical time.' Basically a truism, however, modern technology has by its continued development in the vein of 'bigger is always better', made many things so complicated that any attempt at rectification of a fault results in a task so abhorrent that it is best left to someone with the proper service tools and know-how. In this attitude the rot of deskilling the individual has set in. Computers and micro-electronics have resulted in doing this within the work force. It is even more horrific when even small basic do-it-yourself activities become a task for high technology servicing. The individual feels helpless. A task that once could be undertaken with confidence with a few simple tools can no longer be approached unless armed with a special instruction manual and a workshop of factory designed tools. The philosophy of 'let's have a go and see what's behind this cover', has been hindered by a moulded-in notice 'Danger! High-Voltage Inside. Do Not Remove Back.' Many appliances and articles including cars are similarly labelled. And it does work in discouraging the do-it-yourselfer. People gradually lose their nerve, their confidence and ultimately their skill at attempting repairs. The tap washer is a simple, if not simplistic, representation of all those articles, the results of technology and the marketing machinery behind it.

By asking the question, 'Can you change a tap washer?' a variety of answers can be obtained, many with negative overtones. Usually people know someone who can change it for them, but can't do it themselves, or do not have any inclination to attempt the repair.

In one sense, changing the offending washer is not as easy as it first sounds. What is important is that there be the spirit of 'I'll try and fix it.' If this is totally lacking, then usually there is the attitude of not attempting anything. Fortunately, there are some very good do-it-yourself guides available through newsagents for those who have the spirit of challenge within them, or a knowledge of what it means to call a repairman in terms of money.

Seldom is a leaking washer fatal, unless there is total failure of the washer, so there is time to appraise the problem and get the necessary tools and replacement parts. One thing I did notice was that most people who said they could or would attempt to change a tap washer, when asked, 'What would you do first?', didn't answer with, 'Turn the water off at the mains.'

There are no easy solutions to the problem of deskilling or the suppressing by technology of the individual's urge to do-it-yourself. In many cases an article has been designed so that repair is impossible, and this trend by manufacturers and designers is on the increase. The total rejection of technology has been suggested by some, but I do not think this is a viable solution, even appropriate technologies permit the selective use of modern technology. A great sense of satisfaction can be had from attempts to fix things such as tap washers. This satisfaction is important because one knows that one still has control over one's life. Tap washers, windows, anything that requires fixing or replacing won't get done on their own even if you have on hand all the do-it-yourself guides in existence — only you can do it.

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SPROUTS AND THE SPROUT-EASE TUBE

It is almost beyond comprehension that for thousands of years the value of sprouts has been known to the East, but it is only recently that sprouts are starting to become a popular part of the Australian diet. Of course, most Australian meals still consist of highly refined and chemicalized products (I am reluctant to call this food), yet the cynical conceptions that grains are useful only as bird seed, and that a meal without meat is inedible, are beginning to fade, I hope.

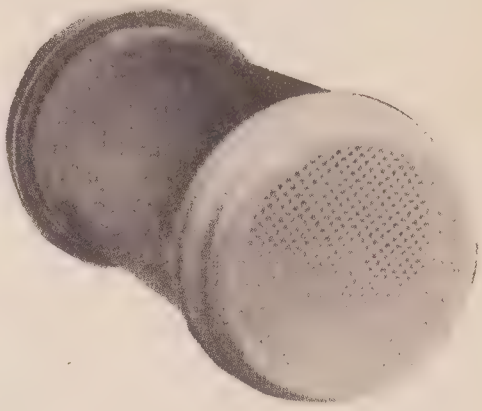
In some respects, sprouts are nature's fast foods. They are cheap, healthy and tasty. They may be eaten raw or cooked. You need simple equipment and water, and the resulting sprouts are not only very nutritious but add a variety of textures and flavours to your diet. Seeds from most common vegetables can be sprouted for human consumption, with the exception of potato and tomato sprouts which are poisonous and must not be eaten. Be aware, however, that most commercially available vegetable seeds are chemically treated and should not be used. Either collect your own seed, or buy edible seed.

Sprouts normally like a dark place to grow vigorously, though some sprouts need a few hours of indirect sunlight to help develop chlorophyll. There should be plenty of air, so don't try to use too many seeds in the same container at the one time.

Sprouting is easy — as are most things once you know how — and the right tools make the job easier. We have available the Sprout-Ease seed sprouting tube which is a convenient way to sprout. It is light, unbreakable and made from quality materials. It can be used for picnics, camping, boating, as well as at home, for a supply of crunchy fresh vegetables. The open-end design means that you can push the matured sprouts out, resulting in a 'sprout loaf'.

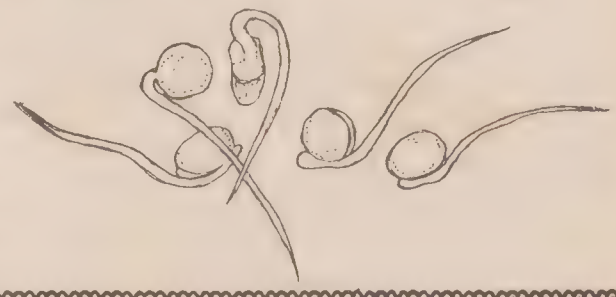
The Tube is a clear cylinder with a capacity of one litre. Its big advantage is that it has four removable lids, two being used at any one time. The yellow lid is a fine screen and is used to rinse and drain fine seeds such as alfalfa. The green lid is a medium screen and is used to rinse and drain larger seeds such as mung beans and to rinse hulls from the smaller seeds. The orange lid is a coarse screen for large seeds and to rinse the hulls away from mung beans and sprouts of similar size. The brown lid is solid and is used as an end cap.

There are a few simple steps to follow. Place the brown solid cap on one end of the tube. Pour a measured amount of seeds into the cylinder and use one of the other lids on the other end, say the yellow fine screen for alfalfa. Fill the tube with water and leave overnight. The following morning drain the water through the screen and with the yellow fine screen facing down, preventing germinated seeds from rinsing away. Replace the brown solid cap with the green medium screen, rinse the seeds under a running tap for a few seconds. Prop the tube on an angle for ventilation during sprouting. As sprouts grow and throw off seed hulls, exchange the fine yellow screen for the brown lid, fill the tube with water and the hulls will be flushed through the top. (The hulls are not harmful, but most people discard them to minimise mould problems). Exchange your brown lid and yellow fine screen again and rinse the seeds morning and night till harvest time.



The Sprout Ease Tube – an easy way to produce a thick growth of sprouts that empty out in a loaf form

A few moments morning and night for rinsing and draining the sprouting seeds is all that is required to provide fresh food throughout the year, though with the increase in salad eating in summer, sprouts tend to be more popular at this time.



Grass Roots General Store

We offer a number of suitable seeds for sale:

Alfalfa

One of the smallest seeds and easiest to sprout but superior to most others in nutritional value. Alfalfa sprouts may be used after a few days but it is better to wait until the leaves have started to develop and the chlorophyll has built up. Growing time: 3 days for 1–2cm; 6–7 days for 4–5cm. Vitamin content: Vitamin D, E, K and C, iron, phosphorus.

Azuki Beans

Similar in taste to (and can be used as a substitute for) mung beans. A little red bean, used for centuries in China, Japan and Korea. Growing time: 4 days. Ideal length: 3–4cm. Content: Vitamin B1, B2, iron, potassium, niacin, calcium. The beans contain 25% protein and all essential amino acids except tryptophan.

Cress

Fast growing plant with peppery taste, most often used in salads or sandwiches. Growing time: 3–4 days. Ideal length: 2–3cm.

Fenugreek

Used in curry mixtures, this 'Greek hay' has become popular as a sprout because of its unique taste. Left too long, the sprouts become bitter. Growing time: 3–5 days. Ideal length: 3–6cm with green leaves, Content: Vitamin A, C, iron. Fenugreek has a 30% protein content.

Mung Beans

One of the most commonly known sprouts. Delicious raw in salads or used in many recipes for cooking. Growing time: 2–5 days. Ideal length: 2–4cm. Contents: Vitamins A, C, E, choline. Mung beans contain 20% protein. These beans are suitable for beginners.

Red Clover

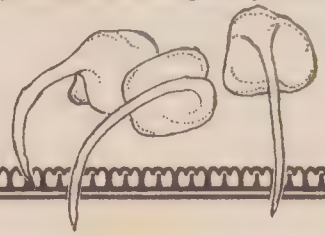
A popular seed which should be grown and used in the same way as alfalfa.

Sunflower Seeds

A slower seed to sprout, it needs to be kept in slightly warmer conditions. Unhulled seeds are used and must be sprouted only until the bud is barely visible, otherwise the sprout becomes very bitter. Growing time: 5–8 days. Contents: Vitamin C, E.

Sprout Salad Mix

An interesting selection to sprout including alfalfa, azuki, fenugreek, lentil, mung, and others. This is an excellent way to try a combination of seeds, but remember some may not sprout as quickly as others.



Books

The Complete Sprouting Book. Per and Gita Sellmann. An illustrated step-by-step guide to growing and using sprouted seeds, with chapters on methods, sprouting while travelling, wheatgrass and sunflower cultivation indoors, practical cooking hints and sprout recipes. 128 pages.

Sprouts to Grow and Eat. Esther Munroe. An Australian book, which includes a good directory of the types of sprouts available and a quick reference sprouting chart. About two thirds of the book is recipes. 122 pages.

How To Survive With Sprouting. Bruford Scott Reynolds. Similar to the above books. Instructions on how to sprout with recipes on how to prepare and serve them. 123 pages.

Successful Sprouting. Frank Wilson. A much smaller book bent slightly more towards the health angle, but with a good directory on the types of sprouts and with a recipe section. 49 pages.

Ordering Information:

Sprout-Ease Tube Sprouting Kit $8.95
Alfalfa Seeds 200g $1.75
Azuki Beans 250g 95¢
Cress Seeds 200g $2.95
Fenugreek Seeds 200g 85¢
Mung Beans 250g 95¢
Red Clover Seeds 200g $1.85
Sunflower Seeds 250g 95¢
Sprout Salad Mix 250g 95¢
The Complete Book Of Sprouting $8.95
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Successful Sprouting $2.95

Please add $1.70 per item for postage and packing (to a maximum of $5.00).

Sketches from *Sprouts to Grow and Eat* by Esther Munroe.

I WAS A RELUCTANT FARMER'S WIFE

By Joanna Talberg Barrett

We were dining in a favourite restaurant when my husband made a suggestion. 'Buy a farm on the west coast of Tasmania!' I repeated his words in horror, then added, 'Won't it be isolated?' 'Fifty-four kilometres to the nearest town on a track that's impassable in wet weather, no telephone, neighbours sixteen kilometres away.' Peter sipped his wine then nodded. 'Yes, Sweetie, we will be isolated. Don't look so gloomy. Where's your sense of adventure?' 'My sense of adventure's O.K. — the other ninety-nine per cent of me isn't.'

The son of a cocoa planter in Papua New Guinea and having years of isolated agricultural life behind him, Peter waved away my doubts. 'Think of it — a cattle property bordered with blackwood and myrtle forests, Tasmanian devils, wombats, wallabies, possums, birds, a wild and beautiful coastline dotted with beaches, you'll love it!' But I stared at him in dismay, food forgotten. How would I cope with the isolation? I grew up in Canberra near shops, theatres, *people*. Vague and day-dreamy, I relied on friends to fill leisure hours.

I didn't see much of the rugged west coast on my first trip to our newly-bought property — it was dark. We trundled out of Zeehan, a mining town of 2,000 people, late in the afternoon. Peter had to pick out the bumpy, wheel-rutted track with the headlights of our four wheel drive Land Rover. He'd already spent a month on the farm so knew the way well. As we swirled through sand-drifts, forded a tidal creek, drove along a beach with waves lapping at the wheels and bumped across a crazily sloping bridge, I clung to the dashboard, excited but anxious. Three and a half hours after leaving Zeehan we drove through the farm gates.

While Peter erected fences, slashed bracken fern and sowed rye grass and clover seed, I tried to fill my days, but unsuccessfully. Bored and miserable — but strangely guilty — I wrote to old friends begging them to stay. 'Stop pitying yourself,' practical Peter told me without sympathy, before quoting the irreverent sixteen century proverb *God Helps Them That Helps Themselves*. 'Do something constructive every day, however small. Achievement will make you glow with satisfaction. You could start with the vegetable patch,' he suggested, then kissed me and said, 'I love you.'

Fetching a spade from the shed I chose a corner of our grassy yard and started to dig. It was hard work but the spade turned up fragrant, chocolate soil which I raked then planted with cauliflower, carrot and pea seeds. Soon green shoots pushed their way up through the soil giving me such a thrill that I was hooked on gardening from that moment.

Painting the bare walls of our house was another job for which Peter couldn't spare any time. Moving furniture, then washing down walls was a real chore but when I

picked up a big, thick brush, dipped it into the pot of paint at my feet and smoothed it onto the flat surface, I felt a surge of pleasure. Later, aching arm muscles forgotten, I stepped back and admired our new bedroom. Must put up new curtains soon, I thought.

I taught myself to bake bread. My first efforts were so hard even our horses refused them, while Peter mischieviously informed me we'd need a saw to cut the crust. Laughing, I rejoined, 'Even saws don't cut rocks!' Gone was my sensitivity to teasing. I helped with stock work, ate big meals, slept nine hours every night and felt terrific.

Every two weeks we drove to Zeehan for food, newspapers and mail. Muddy and sandy patches in the track often bogged the Land Rover and once we waited five hours for a creek to go down in order to ford it. Soon hearing of 'that curious couple at the end of the track', west coasters dropped in from time to time, bringing fresh crayfish and warm friendship. When city friends came to visit and asked me 'What do you *do* all day?' I was surprised that I had plenty of answers.

Then I became pregnant. I remembered advice given me by a mother-of-two when she'd heard of our west coast venture. 'Have a baby — there won't be time to be lonely.' How right she was! I resented losing the freedom I had discovered during the past year — the freedom to organise my days. Instead they were eventually organised for me by a blonde-haired daughter who'd inherited her father's big blue eyes and forceful personality.

Slowly, as Nicola and I — and Peter — worked out how to live happily together, our daily joys increased. On wet, windy evenings we toasted slabs of bread over the fire, then ate them dripping with butter and jam. During picnics on the beach half a mile away, we picked up abalone shells and driftwood for sculptural still-lifes and Huon Pine for a coffee table.

We all laughed together at the barnyard antics of our cat, dog, geese and hens. We shared the pleasure of harvesting our own beetroot, rhubarb and herbs, then hung strings of onions and garlic from the kitchen beams. Now there weren't enough hours in the day. I wanted to work in the garden, cook with our own produce, take Nicola for walks in the forest and on the beach to show her the animals, birds, plants, shells — I wanted to write, sketch and read.

Then, cattle prices plummeted! Soon there was no money left. 'We'll have to sell,' Peter looked at me across the dinner table and spoke both our thoughts, masking his own loss as he added, 'You love the farm, don't you?'

He found a job in the Renison Bell tin mine near Zeehan. As a miner he would work underground but the pay was good. When we drove out of our farm gates for the last time on our way to a company flat in Zeehan, I thought about our new lifestyle. Now we'd live near neighbours and shops. We could join Zeehan's sporting clubs, arts groups and charity organisations. Nicola would soon be going to a playgroup and children's birthday parties.

Sighing, I stared at the track ahead and said hello to town life — and goodbye to isolation, challenge, adventure and deep satisfaction.

Broken down in the middle of George Town Packet Creek.

In wet weather the Landrover had no trouble climbing sandhills like this on the way to Zeehan.

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FIRST AID TREATMENT FOR JELLY FISH STINGS

By Graham King, Rydalmere, N.S.W.

I have just read the article by 'Barb', G.R. 28, p. 21 re treatment of Sea Wasp (Box Jellyfish). Being a trained nurse and having just read the enclosed article I thought you might find it useful. Please don't disregard it because it is printed in the M.J.A. I doubly confirmed this with an allergist.

DISARMING THE BOX – JELLYFISH
Med. J. Aust., 1980, 1: 15–20.

Laboratory tests indicate that methylated spirits, widely espoused as a first-aid treatment for jellyfish stings, causes massive discharge of nematocysts in living tentacles of the box-jellyfish, *Chironex fleckeri*. This action, together with demonstrated hazards of flammability and intoxication, casts doubt on this substance as a treatment for *Chironex* stings. In an attempt to find a substitute which will be effective in in-activating unfired nematocysts in the tentacles adhering to sting victims, a number of substances were tested in the laboratory. Weak solutions of acetic acid, as well as commercial vinegar, were found to inactivate the penetrating nematocysts of *Chironex* rapidly and completely. Most other substances tested proved less effective, and some actually stimulated the firing of nematocysts.

CONCLUSION

Methylated spirits must now be questioned as a first-aid treatment for *Chironex* stings. Our experiments to date are not sufficient to conclude that discharge induced by methylated spirits causes greater envenomation than does tentacle removal without treatment, but the possibility of this, together with the demonstrated risks of flammability and intoxication, suggest restriction of methylated spirits application pending further research.

Solutions of 3% to 10% acetic acid (or vinegar) have been shown in these tests to rapidly inactivate the penetrating nematocysts of *Chironex fleckeri*. The speed and effectiveness of vinegar, its ready availability, low cost, long shelf life, and minimal side effects all indicate its suitability as a first-aid measure. It is important to bear in mind that these findings apply only to *Chironex fleckeri*. The diversity of past results with other Cnidaria (Coelenterata) prelude extrapolation to other species, pending further research.

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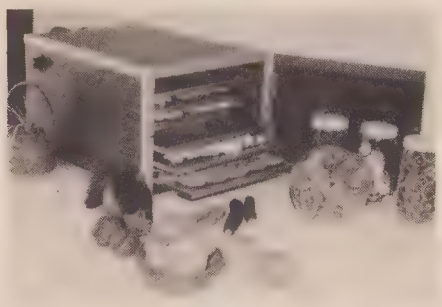

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COMPANION AND PROTECTIVE PLANTS

PLANT DEFENCE GUILDS: ALLELOPATHY

Compiled by David Blewett, Adelaide, S.A.

An increasing scientific literature around the above topics in many instances tends to support folklore gleaned over the ages. Plant-plant and plant-animal interactions are being investigated on biochemical, genetic and paranormal levels and will provide ongoing interest, avenues for experimentation, endless conjecture and stimulus for patient observation. Much as food combinations and drug interactions are very real effects upon our existence so too the companionate relationships that may be grown and eaten.

Plants aid other plants by:

* root-nodulating nitrogen with rhyzobium bacteria symbosis as in legumes
* by accumulating from the air or soil various chemicals including water and compounds containing calcium, phosphorous, potassium and trace elements which are in turn made available to neighbouring plants by dropping nutrient-containing leaves or as gaseous or liquid exudates above or below soil; some plants are able to convert nutrient from an unavailable to an available form for benefit of other plants
* by microclimatic amelioration of sun, wind, cold, heat, pH and so on
* by protection from predating fauna (from virus and insect to human — with aromatic to thorms) or as refuge for beneficial creatures
* by impeding growth of other flora, including fungi, which may otherwise be detrimental

This is a grossly imcomplete general list and much can be said about each.

There are close symbiotic relationships such as lichen (being a fusion of moss and algae) and epiphytes such as tree orchids. Mistletoe, often regarded as a parasite is, in a healthy situation, not pathogenic. Incidence of mistletoe increases in trees under stress conditions such as increasing salinity, clearing of surrounding bush and compaction and nitrification of soil by cattle; these conditions may lead to mistletoe being pathogenic, as may many other otherwise benign organisms.

Plant-animal interactions are complex and numerous. Bees, ants, moths and wasps in particular are intimately associated with plants, not only for pollination, thus directly affecting the genetic lineage of flora, but also gather food from plants, some are food of plants, but also by providing a network of plant-predator defence guilds.

Companion Planting Guide

The following is given to stimulate diversity in your garden and to encourage experimentation and patient observation. Flowers, herbs and vegies grow well together. Make your garden a living potpourri. Negative effects e.g. retarded growth, are as important as benefits and can be used to advantage. Try some of these plantings as soon as you are able. Be your own researcher, grow things together that are not supposed to and see what happens. Make your garden a complex polyculture. Tune into its harmonies with the seasons. Be mindful of the little people, the microfauna, and the devas if you wish your spirit so inclined.

Weeds are most beneficial in many ways, the limit of which is our mind. Too often weeds are a bad place in our head rather than any real threat to our garden; or often the message of weeds is ignored in our pathologic mania to be rid of them. Be gentle. Many weeds are vital herbs and foods and certainly good soil indicators.

All plants are biochemical processors and we may know some small measure of this. Read the literature. Do your own experiments. Many things are written such as:

* Flax and caraway aid soil friability and organic decomposition
* Buckwheat, melons and Scotch broom accumulate calcium
* Henbane, thorn apple and casuarina accumulate phosphorous
* Tobacco accumulates potassium

These may be clues on which to base some companion gardens.

Often companions are given without any explanation as to what is the basis of their relationship: citrus and guava; hyssop and grape; tomato, nettle, asparagus, parsley, sweet basil; strawberry, pine mulch, borage, spinach. These are recipes for gardens; plant these things together, not separately, close enough that they will touch. Perhaps separate beds may be planted to act as a control to this polyculture. Try it out. Do it, (then spend time in your garden doing nothing). Let us know what happens.

The permaculture term for growing plants together rather than in separate beds is 'plant-stacking' or a polyculture. Try these simple ones:

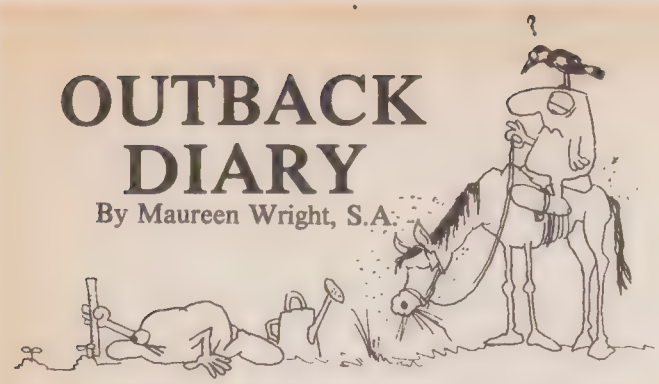
* sweetcorn sown early and later sown with cucumber, melon, squash, pumpkin or zucchini. When corn is two feet high sow a climbing bean at each corn stalk which will trellis the bean (or pea or sweetpea). Sow radishes anytime in accessible places.
* radish, carrot, turnip and parsnips with chervil and lettuce
* apple, chive, nasturtium, wallflower, tansy or yarrow

The book *Companion Plants and How to Use Them* by Philbrick & Gregg abounds in companionate relationships — all which give recipes for gardens. Available from the Soil Association for $5.20 plus $1.40 post and packing.

David Blewett is a member of the Soil Association of S.A. Inc. The address is G.P.O. Box 2497, Adelaide 5001.

OUTBACK DIARY

By Maureen Wright, S.A.



As I drove through the night along the narrow station track I guessed that my mother wondered where on earth I was taking her. She'd travelled up from Adelaide on the old Ghan that day, arriving in Marree about 10 p.m. after fourteen hours on the train. When I met her on the station platform she was just debating where to go in the surrounding blackness if I didn't turn up. I'd had a flat tyre on the ute on the way in. To cheer her up I explained that I'd used the last spare — if we had another puncture on the fifty kilometre trip home we would have to mend it or sit on the road. Lightning flashed in the west and a few spots of rain splattered on the windscreen. The road was already damp and more rain would make it slippery, so I hurried on, scraping between prickly acacia bushes and crossing rocky creek beds. I sensed Mum's apprehension and smiled to myself. I'm sure she thought the dwelling at the end of such a makeshift track must be a brush shelter — who wouldn't?

We crossed the last wide creek bed at a snail's pace and the river red gums waved ghostly branches overhead. Up on to a rise for a short distance and then the house appeared more or less out of nowhere; a wire screened verandah illuminated in the ute headlights. I scrambled out and turned on the light switch by the front door. Light! Thank goodness for the bank of 32 volt batteries down in the pump shed. Initially, for about twelve months, we had run the lights off a 240 volt generator which had to be cranked by hand. Arriving home after a night out had been a ceremony of engine starting by torchlight before we could see. The 32 volt system eliminated the need for noisy motors at night and gave us the quiet peaceful evenings we had come to enjoy in the bush.

There was no-one to welcome us as Barry was away for three weeks in a cattle camp up to eighty kilometres to the south, chasing wild cattle through the sandhills in a Suzuki. I gave Mum a quick tour of the house, then made her a cup of tea.

That night we slept to the sound of rain beating on the iron roof (I was thankful the train hadn't been late or we would have been out in it!) and by morning we were cut off from the main road and the homestead, which was twenty kilometres away.

Good rains are rare in this part of the country — clear blue skies, summer and winter are the norm. This time it was two days before the roads were passable again. Meanwhile, Mum enjoyed her stay and voted the house very comfortable and cheerful. She admired my pot plants and my attempts at a garden amd listened with interest to the sessions on the transceiver.

When the roads had dried out later in the week we drove down to the cattle country to see Barry, then on to where the Sturt Desert pea was blooming in the sandhills. That spring they were indeed a picture mixed with purple pea flowers, wattles, orange flowered vetch and yellow and white everlastings. They reminded me of little red goblins with shining black eyes peeping around the bushes.

STURT PEA

On parts of the station it's hard to see the changes of the seasons reflected in the vegetation, probably because the rains are unreliable. Small plants grow, flower, seed and die within a few days after rain. Apart from a tinge of green and a freshening of the saltbush and eremophila there is little to show for a good rain in the stony hilly country. But the sandhills are different — winter rain turns the red shifting sand into a multi-coloured carpet.

I spent a day out with Barry in the Suzuki during the annual cattle muster. Then cattle that see people only once a year (or less) are gathered up from their free range paradise, bustled into mobs and driven many miles across the property to yards for branding, castrating and drafting off the fats. Some don't give up their freedom lightly and much time is spent bouncing over the terrain after micky bulls or wild old cows with wills of their own. A day of fast driving in a Suzuki after them can be exhausting! Once gathered into the mob, these rebels cannot be relied upon to stay there and all the dogs, motorbikes and horses are needed to head them off as they make a dash for it. Who can blame them for wanting to return to hundreds of square miles of freedom?

The men work from makeshift camps, up before daybreak and in the swag after dark. Their tucker is mainly meat, bread, sauce and a drink of tea, with cake and fresh fruit sent out periodically from the homestead. By the end of three weeks the men return covered in dust and smelling strongly of wood smoke. The fat cattle have been trucked and a slightly calmer herd turned loose to graze in the wilderness for another twelve months.

While the Billy Boils.....

'During a time of increasing concern about a more intelligent use of nature's resources, more and more people are turning to cooking with wholegrains for better health, for the joys of natural cooking and for a new revelation that natural foods taste better.'

Cooking With Wholegrains — Mildred Ellen Orton.

While the Billy Boils is a new regular part of Grass Roots and hopefully will spare you all the frantic hysteria of searching for a recipe you *know* is somewhere amongst the Feedback pages. If you have any favourite wholefood recipes for utilising surplus garden and orchard produce, or nutritious cake or bread recipes or even cookery hints, then send them in. We would all love to read them and try them out.

SPINACH PIE

Pastry:

- 2½ cups wholemeal plain flour
- 2½ cups rolled oats
- 1 tspn salt

Blend 1 egg, 1 cup cold water, ¾ cup oil, till white. Add to dry ingredients.

Filling:

- 6 or 8 large leaves of spinach (silver beet)
- 1 onion
- 3 oz rice
- 4 oz cheese
- 1 tbspn oil
- 1½ tspns salt
- 2 eggs

Wash and dry spinach and shred finely. Cook rice for 5 mins only, in boiling water and drain well Add to spinach with grated onion, grated cheese, oil, salt and eggs. Mix well together. Fill into pastry case and cover with remainder of pastry and bake 1 hour. Hot oven for just 10 mins and moderate oven for remainder.

The above quantities are sufficient for two pies. Sometimes I use the tops from beetroot instead of silver beet.

Sheryl Boutle,
INNISFAIL 4860.

CAROB NUT BROWNIES

- ½ cup butter or oil
- ½ cup honey
- 2 eggs
- ½ tsp salt
- 1 tsp vanilla
- ⅓ cup carob powder
- ⅔cup whole wheat flour
- 2 tbsp milk powder (3½ tbsp instant)
- 1 tsp baking powder
- ⅔ cup sunflower seeds
- ½ cup roasted peanuts, chopped

1. Cream butter (or oil) and honey, beat in eggs, salt and vanilla.
2. Stir together carob powder, whole wheat flour, milk powder and baking powder, blend into cream mixture.
3. Stir in sunflower seeds and peanuts.
4. Turn into oiled baking pan 2in by 11in. Bake at 325°F for 20-25 mins. Cool and cut into bars.

They never last long in my home.

Anne Clarke,
STH. PENRITH 2750.

CREAMED HONEY

I have never tried this recipe for creamed honey but it sounds feasible. Warm the container of honey to be creamed either by leaving it in the sun or placing it in hot water (not too hot). You need the honey thin so you can work with it.

Pour the honey into a vitamiser with a small quantity of candied honey. I don't know how long you have to vitamise it, but that is all there is to it. You allow the 'seeded' honey to go candied in the fridge. It might be a good idea to warm the vitamiser with hot water before using it, to allow better draining out of the honey when vitamised.

Another tip — honey will candy quicker if you change the temperature from cold to room temperature a few times during its 'going off' period.

Roy Wallace,
KURABY 4112.

CIDER

Wash and cut up one kerosene tin (4 gal) full of apples (windfalls will do). Cover well with boiling water and let stand for three days. Strain. Add 2½ lb of sugar. Bottle and cork well. Ready in three days.

WINE

- 4 quarts apple water
- 1 lb whole ginger
- 2 lb loaf sugar
- 1 gr yeast
- 12 large lemons

To make apple water — halve the windfalls and cut out any rotting parts. Rinse in a colander and then half fill a kerosene tin with pieces. Add enough cold water to within two inches of the top. Bring to simmering point and simmer till it pulps.

Take out small quantities and strain through fine sieve. When all is strained, measure the apple water and add the sugar in the proportion given above. Add the grated rind of the lemons and crushed ginger. Bring to boil and boil steadily for one hour. Strain, and leave to cool. Pour into a cask. Add the lemon juice and the yeast spread on both sides of a piece of toast. Cork loosely and leave to work. When it's finished working, cork tightly and leave 6 months. Bottle, cork tightly and seal.

Contributed S.A.

Two readers requested a Tofu (Soy Cheese) recipe in Grass Roots 27. The recipe yields 2 cups Tofu.

Soak 1 cup of dried soy beans overnight. Drain soy beans and blend in electric blender along with 3 cups water, for 2 minutes. Pour blender contents into a flour sack or tea towel and squeeze, collecting soy milk into a pan. Return contents of sack to blender adding another 3 cups water and blend for 2 minutes. Strain as before adding liquid to soy milk already in pan. Dissolve ½ teaspoon Epsom salts in 1 cup water and set aside. Bring soy milk in pan to boil stirring constantly. Reduce heat and boil gently for 5 minutes before taking pan from heat. Whisk in sufficient Epsom salts solution to form a curd. Strain through cloth and stand 15 minutes to solidify. Rinse gently in cool water. Best stored in refrigerator in water in a covered container.

Two tablespoons of lemon juice may be used instead of the Epsom salts dissolved in water, to curdle the milk. Do not waste your residue — use it in rissoles to add protein and fibre.

Use tofu as a cheese substitute, scramble like eggs or as a spread seasoned to taste with herbs, nuts, fruits or coconut.

This recipe is simple and tasty but I do have another Tofu recipe with added Vitamin B12 and calcium as well as recipes which use Tofu as an ingredient. I would be happy to pass on these recipes.

Antoinette Ralston,
BURNIE 7320.

Odette asked (G.R. 27) how to make tofu or bean curd. *The Bean Book* by Rose Elliot says:

You need:
8 oz (225 gm) soya flour
1½ pts (850 ml) cold water
Juice of 2 lemons

The soya flour and water are put in a good sized saucepan and simmered gently for 5 mins. Then stir in lemon juice and ½ teaspoon sea salt. Leave to cool. Line large sieve with double layer of muslin (remember to overlap edges so you can gather up the corners later). Set sieve over a bowl and pour in soya mixture, gather up edges of cloth and tie it, suspend over a bowl and let drip 8-12 hours. Firm by placing a plate and weight on it *after* it is finished dripping. Keep in an air-tight container in fridge. Homemade tofu does not need storing under water.

Also, chokoes are very useful. I have made jam using honey, chokoes and sour apples and you can make bread with them too.

1 sachet active dry yeast (1 oz fresh or 2 tspns 'Fermipan')
¼ cup warm water
1 cup warm milk (scald then cool)
1 teaspoon salt
1 tblsp sugar or honey
2 tspns oil
1 cup well drained choko puree
5-5½ cups flour

Mix dry ingredients, add wet ingredients, knead, rise, knead, rise, cook for 30 mins (2 small loaves) or 45 mins (1 big loaf).

CHOKO CHUTNEY

Peel and chop 8 chokoes. Sprinkle with salt and leave over-night. Do the same with 3 lbs onions and a handful of beans. Rinse the lot. Put 4 pints vinegar on to boil, add 2 oz ground ginger, 1 oz peppercorns, 2 oz allspice, 2 chillies, 3 lbs brown sugar. When it all comes to the boil, add the vegies and cook till chokoes are soft. Take some of the liquid and use it to mix together 1 cup flour, 2 dessertspoons mustard and some curry powder, and add to chokoes, boil 5 mins stirring constantly. Remove from stove and bottle.

Coleman Family,
KARRATHA 6714.

LENTIL PATTIES

1 cup lentils (cook in water for approx. 45 mins or until soft, then drain)
2 tbs finely chopped celery
2 tbs finely chopped onion
4 tbs breadcrumbs
2 tbs walnuts minced
½ tsp vegetable salt
1 egg
Parsley and mixed herbs to flavour

Mash lentils, then mix in all other ingredients. Form into balls and roll in flour. Drop in hot oil until brown. Serve with gravy.

BOILED SULTANA CAKE

1½ cups sultanas
½ lb shortening
1 cup raw sugar
1 cup cold water

Boil these ingredients for 2 mins then allow to cool.

Then add:
1 cup W/W S.R. flour
1 cup W/W plain flour
1 tspn baking powder
2 beaten eggs
Pinch salt

Combine well with wooden spoon. Bake in large loaf tin in moderate oven for 45 minutes (really moist, keeps well).

Wendy Eagle,
ELIZABETH DOWNS 5113.

TABOULLEH

For those who don't know how to make 'Taboulleh', here's my recipe. A Lebanese cook would shudder and pack up his apron and go back to Lebanon if he read it, so a warning to the Middle East —

Handful of parsley, chopped finely (I use both Italian parsley — sprigs and other parsley leaves)
Small onion
Garlic, tomato, cut very fine
⅓ cup cracked wheat (rinsed, drained and left to stand for approx. 2 hrs to absorb some moisture)
Few mint leaves

Throw it all in dish with a dressing made of juice of half a lemon in which 1 teaspoon of honey has been dissolved. Pour the honey and lemon over the salad, then add olive oil — as much or little as *you* like then EAT.

Debbie.

Down home on the farm...

by Meg Miller

I'm sitting here trying to write with a battered thumb. Father Christmas was too generous this year. He left me a large red shiny tool box, chock-a-block with the sort of things that go in such boxes, interspersed with talcum powder, scented soap and dainty knickers. Undeniably a man of taste! So with my usual enthusiasm, now armed with the right tools for the job, I've been knocking up turkey and chicken houses, a simple goat stand and completing other insignificant but necessary jobs. Somehow one of my thumbs always seems to be where it shouldn't and it has just suffered its third crushing onslaught from the hammer. My mother always insisted only a fool made the same mistake twice!!

Despite the relaxed festive atmosphere of Christmas, we have been very active. It is amazing what can be achieved in one short week. I managed to get back into mudbrick making and have my wall two-thirds of the way up. Thank goodness I'm not building a house because at the rate I'm going, I would never get to live in it. David organised a trickle irrigation system for the garden and after much trial and error, many blocked filters and the odd unprintable word, it seems to be working well. With out limited water supply, it will mean each drop is utilised fully and already many of the poor bushes and trees that work hard to survive the dry summer months are thriving. But it has also meant increased snail activity, so one of us has been on snail duty each night with torch, bucket and salt. It seems a pity they can't be recycled in some useful way. Frogs, too, have multiplied and to maintain the balance of nature, so have the snakes. We had a nasty altercation with a tiger snake on New Year's Eve and it was only luck that I wasn't bitten, so torches, boots and shovels are the order of the day come dusk.

Through Land Link, we now have another member of the family, a resident self-sufficiency apprentice. The poultry are revelling in the added attention and use it as an excuse to go broody again. Our babies are all so beautiful, the eldest being almost four months old now. We've truly lost count of the number of chickens and have become almost *blase* with half-hearted cries of, 'More chickens? Oh no!' But there are more, and more and still more. There are half a dozen hens sitting at the moment, and several long suffering turkey ladies. The most exciting part has been raising the Guinea keets. They are so tiny at birth, they can easily squeeze through one inch wire mesh causing great consternation. It's amazing that they get out but can never get back the same way. They are raised under chooks and positively adore their foster mothers and it is amusing to see the grown-up keets cling to their Indian Game mum while she makes determined efforts to shake them off.

The turkeys, bless their beautiful little hearts, are full of health and happiness. This time, we've taken no chances. After three days with their foster mum, we have brought them in and raised them in small batches like pet chickens. We've lost only a few, but with the help of those kind folk who sent in suggestions for raising them, we have evolved a system that is working. They wander around the garden (the only green spot) free to graze at will. Young turkeys don't seem to be wantonly destructive, preferring weeds and borage to seedlings, but they do love dust baths and need plenty of space for them. If they see you, they will follow like puppies, and twenty young poults in hot pursuit is an amazing sight. We just hope they are not like keets — twenty devoted adult turkeys roosting outside our bedroom window is a horrifying thought!

We recently invested in a solar oven. It is fantastic — scones, pies, and vegie casseroles have all graced its inside and it is a more pleasant alternative to the hot wood stove. We have also been solar drying apricots on wire trays. This has worked well, but we have lost some to stealthy possums when we've forgotten to bring the trays in at dusk and, in addition, the birds seem to delight in dropping bombs right above them. Next step will probably be to try and do them in the solar oven.

With all this going on, life has been really exciting and some days I wonder how on earth I can fit in a full day 'at the office'. Life is based around see-sawing compromises isn't it?

.FAMILY.PASTIMES

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For catalogue send 30¢ stamp to:
Al Rozefsky,
Post Office,
MERTON 3715.

Land Link

We are looking for an honest, genuine female with or without children to keep me company as my husband frequently works away from home. We have a lovely farm at Strathbogie, about one mile from the township. Small self-contained furnished bungalow available. Caravan welcome, animals negotiable. Eggs, fruit, vegies, SEC supplied in return for work in vegie garden and house garden. Paid work available at times also. All enquiries selcome.

D. Duggan,
C/- Post Office,
STRATHBOGIE 3666.
Ph. 057-905-220.

We are two girls very interested in living a self-sufficient lifestyle. Early 1982 we will be moving to Queensland and feel that a workfor-board situation (short or long term) would be ideal to enable us to learn and gain experience.

We are 19 and 22 years of age, non-smokers and not interested in drugs or religious cultures. We are musically minded and would love to hear from anyone who could, in any way, help us achieve our goal.

The two areas we are mainly interested in are south-east Queensland and Tasmania. However we would also like to hear from other areas.

Purcelle Fox & Carolyn Sangster,
30 Hutt Street,
MT LAWLEY 6050.

If any of you are travelling my way and would like to break your journey, I have 150 acres near Singleton in a secluded valley where you can camp.

I am a chiropractor/homoeopath and have my practice in the township of Singleton. I plan to retire from business sometime within the next couple of years and I have a campervan in which I would like to travel occasionally and perhaps visit with those who have visited me.

I don't plan to charge any money for your using the campsite, but I do expect something contributed for the benefit of others who may come after you. It is a beautiful spot and I would love to share it with my brothers and sisters and there must be thousands of my brothers and sisters I have not met. Looking forward to meeting you.

Peggy McIntosh,
12 Pitt Street,
SINGLETON 2330.
Ph. 049-722-544 (Clinic).

We have 210 acres in the Currumbin Valley, 14 kilometres inland from the Gold Coast, Queensland, with beautiful views and volcanic soil, ideal for growing vegetables and fruit trees, also grazing.

At present the land is partially cleared with some rainforest areas. A beautiful fresh waterfall provides water and also the Currumbin Creek runs through the property.

We would like to hear from any one or two, who are prepared to live on the land providing their own accommodation, as at present there is nothing available. If you would like to build a small cottage there is timber available, or you could live in a van or tent. The access is steep and definitely a four wheel drive vehicle is necessary. There would be no rental, but in return some work done on the property. If interested please contact:

J. & J. Bucca,
Creek Road,
CURRUMBIN VALLEY 4223.
Ph. 075-330-137.

We have a 25 acre woodland farm which works hard to support a dairy goat stud, a flock of coloured sheep, cows and calves, game birds, chooks, geese and our most profitable asset — Hermions — the Berkshire sow. We also take pottery fairly seriously, having just built our own wood-fired kiln. We spin our coloured fleeces and knit the wool into winter woollies, and last but not least we renovate old furniture.

We have worked on most types of farms, both our own and other peoples, for many years and may be able to give helpful ideas and advice to those thinking of taking the plunge. If anyone is interested in sharing a typical weekend with us at $20 per day, all found, we'd like to hear from you. Activities would include all types of animal husbandry, fencing, tractor cultivation, goat milking, etc. Horse riding would also be available to those who are interested. We are only 60 miles from Sydney on the edge of the village of Thirlmere. Please write to:

F. Cullum,
THIRLMERE 2572.
Ph. 046-819-259.

I would like to hear from someone in Tasmania preferably a family situation, who could offer me a week's stay with them on their farm or small down-to-earth haven. In return I will help on the farm or in and around the home. I am currently unemployed (having been retrenched) and have had experience as housekeeper and nanny, so I do not mind doing housework if you prefer to be outside and I love children. I am a non-smoker and a Christian and would love to hear from you.

Geraldine Crisp,
Middle Cottage,
Leichhardt Farm,
RELBIA 7250.

We live in a quaint old cottage on 18 beautiful sloping acres (10 grass, 8 bush) in north-west Tasmania, 20 miles from the sea.

I moved to the country (a dream made into reality) four and a half years ago when I became 40. The aim was to head for 75% self-sufficiency.

Nova has been here two years now, and loves the country life and is very happy here. We have a number of animals and half the orchard area is planted and progressing well, also the vegie areas are looking better this year.

We are both artists, mostly landscape. We spin, knit, bushwalk and I have been learning to weave for two years. Nova makes bread, jam and n armalade and is starting preserving this summer. There is always something to do and much to learn and it's a lovely way of life. I hope this letter will encourage people who want to change their lifestyle if unsatisfactory.

We would like to share our way of life one day with the right people. Now we have an opportunity for one adult or two persons, any combination aged 30-50 including single parent, kind natured and broad-minded, to come and stay with us and experience an alternative lifestyle situation for one or two weeks. Free shelter and food in exchange for reasonable willing help and your good company. Please no smokers, habitual drinkers, drub takers or religious fanatics. Others please write to:

Bryan & Nova Dore,
C/- Post Office.
WILMOT 7306.

I have recently purchased 40 acres in East Gippsland (close to Omeo). I plan to become as self-sufficient as I can. I am single and need some help establishing the place. If anyone would like to live here and help, they would be very welcome.

The land has a lot of potential, the main problem being accommodation. There is no house on the block, however something could be arranged e.g. caravan or shed. Maybe someone would like to build a small dwelling. We have lots of good building stone.

I have been living with my nextdoor neighbour in a temporary shack we knocked up in a weekend and have begun building a small mud brick place for myself.

I would like to spend some time away from here, in which case a suitable person or persons could (within reason) treat the place as their own. There are friendly G.R. people nearby for company and support. If anyone is interested I would be pleased to hear from you.

Rod Smith,
Cassilis Road,
via OMEO 3898.

Land Link

I have built a small self-contained hut in a beautiful and secluded part of my farm that is available for people to use. It would be ideal for anyone requiring beauty, peace and solitude. Others who may wish to use it may be travellers who would like to spend a week in interesting surroundings or others wishing to experience some work on my organic farm as a change from city life. The work consists mostly of growing avocados, mangos and litchis plus the re-planting of forest trees back on the hills again. So far I have planted about 10,000 forest trees. If anyone is interested, please write or telephone.

Bob Rabbets,
2 De Serio Road,
Cedar Pocket,
GYMPIE 4570.
Ph. 071-866-147.

Looking for some experience building pise, or milking a cow? These are just two of the things that we will be doing in the next six months. We have been working on this land for six years and have taken a training course in permaculture and intend to transform our new dam into something that will have to be seen. Work on an area for fodder trees, along with extensive planting for our goats and horse are also some of the things which are to be done. Experiences we want to provide include maintenance of cars, chainsaws, guns, pumps, animals and the individual's own well being. The views, scenery and countryside are always a pleasure. Think about joining us for a while,

Al Rozefsky,
C/- Post Office,
MERTON 3715.
Ph. 057-789-581.

Late Feedback Link-Up

Dear Fellow Readers,

We are a family of four Wayne (31), Carolyn (29), Matthew (4) and Brent (2). We are writing to see if there is anyone in the Hobart area of Tasmania that would be able to help us.

We intend to sell our house in Sydney and are planning to buy a small acreage within commuting distance of Hobart. We will have approx. $40,00 to spend on a house and land.

Once we have a buyer, we want to visit Hobart to look for land. We can cover the cost of air fares but tourist style accommodation becomes expensive. Perhaps someone would like to exchange houses for two-three weeks or perhaps more. We are near Hornsby in Sydney. We have had some experience with goats and poultry so perhaps someone would like farm sitters. Alternativelty, perhaps someone has a shed or other accommodation in exchange for some help in the garden/dairy. We are quite prepared to work for our shelter.

We would like to correspond with 'Grass Roots' people in the Hobart area as it would make the move easier if we had contacts in the district. We are finding it difficult to leave the security of a job and a house even though we know it is a better alternative. Most people think we are mad! Any encouragement would be appreciated. We do not have any extreme beliefs, we are non-smokers, non-vegetarian and non-sectarian.

Wayne & Carolyn Kelly,
8 Bayview Street,
MT. KURING-GAI 2080.
Ph. 457-9825.

Dear People,

In 1982 I will be studying at James Cook University and I would like to live with some person/people who like the sound of me.

I am fruitarian, spiritually inclined, do not enjoy 'good' conversation or constant stereo/radios/television. I love animals, trees, flowers and getting saturated with water a lot. I guess I'm an idealist. You probably have guessed that I don't smoke or drink.

Money is thin. I could afford only $25 or so per week, without food. I would like my own room but don't care if it is bare. A desk would be an advantage but don't worry about that. It would be lovely to walk to Uni. but otherwise I'd need to be near the bus stop. I don't even mind if you don't have electricity. I'm 18 and Uni. starts in March. Can anyone make any suggestions?

Heather Goater,
40 Whitworth Road,
CANNON HILL 4170.

Dear All,

We are planning a trip to Tasmania early in 1982, and would like very much to hear from other families or couples that are living a country lifestyle or are planning to, and would like us to visit them during our trip around Tasmania.

We are in our late twenties. Also any people who are travelling in our area are welcome to visit and stay overnight. Hope to hear from you all very soon.

Marg McDonald,
CRESSY 3322.

Dear Grass Roots Readers,

Is there any Grass Roots reader in the N.T. Darwin area who has had any experience with mud brick building who would write to me and let me share his knowledge and give me some advice? We will be visiting Darwin in May this year, with the view to retiring up there very soon. My husband (54), myself (50), wish to retire to the bush and live as self-sufficiently as possible. Is it possible in the Territory? We once lived in Darwin so know a little of the climate and conditions.

I am a potter and would like to visit fellow potters in Darwin while up there in May. Any offers?

April and John Brady,
16 Harris Street,
LAUNCESTON 7250.

Unclassifieds

FOR SALE: Thirty acres comprising approximately 8 acres bush, 10 acres blackberries, 12 acres pasture at Weegena on River Mersey near Deloraine, Tasmania. Quiet, mountain scenery, good access road, home sites, power and phone reasonably close if required, small shack, waterhole. Price $14,000. Phone 003-622-718.

FOR SALE: Partly constructed underground house at White Cliffs, N.S.W. So far I have spent $2,000 on the part construction which consists of excavation, 2 shafts plus an area dug out below shafts. Also included in the price of $2,000 there is a 3½ K.U.A. generator. For further information write to:

V. Young, 'Nangara Cottage', ARTHURVILLE 2820.

SHARE FARMER WANTED: With option to buy two separate lots in 184 acres for $10,000. Land is situated about 30 miles north of Cann River and consists of 140 acres bush and the rest cleared. We are looking for a family interested in self-sufficient type living. We are Ken 30, Althea 25 and Aaron 3, of Buldah Valley, C/- Post Office, CANN RIVER 3889.

FOR SALE: Squab breeders, mated pairs for starting your own pigeon enterprise (see Grass Roots No. 27). For details phone 058-561-356.

TRACTOR ATTACHMENTS WANTED: Attachments for Howard 2000 tractor. Can't afford new implements so if you have any attachments rusting away in your barn I would be pleased to hear from you. Tiller, furrower, grass slasher or any other types needed. Please write to Christine Fuller, 40 Barton Street, KATOOMBA 2780. Phone 047-821-219.

Unclassifieds

Unclassifieds are $5.00 each and payment must accompany the advertisement.

SHARES FOR SALE: We are five adults and two children with 126 acres in the Strathbogie Ranges of northeast Victoria, 37 km south of Benalla.

The land consists of creek flats and gentle to moderate slopes surrounded by state forest in a secluded valley. The land is mostly cleared although many stands of trees remain. Two permanent creeks and two springs provide ample water.

Our aim is to work towards becoming as self-sufficient as possible through the principles of permaculture and organic farming. We have some livestock and are in the early stages of development as far as fruit and nut trees and vegetable gardens are concerned.

We are asking $10,000 for a share. Interested people please write to: Penny and Charles Jones, Lima East, C/- SWANPOOL P.O. 3673.

FOR SALE: A beautiful 110 year old bluestone cottage. It was originally used as school and head master's residence around the 1890s up until 1930, then as the East Guyong post office. It is very solid – 3 bedrooms, a parlour, a formal dining room, lounge room, bathroom, magnificent kitchen, three open fireplaces and verandah.

Situated on 4 beautiful acres it is recently fenced. Hot water system from fuel stove works very efficiently. Tank water only, so far.

It is controlled by a lease from the Lands Department for 20 years at $35 per year and nominal rates. Asking price $19,000. Because it is a lease the lessee is granted first option at the end of the 20 years, but by then it could be released freehold. We could send you a copy of our lease, etc. and send some pictures. Please contact us.

Helen and Pete Breen, The Old Schoolhouse, East Guyong via MILLTHORPE 2798.

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Write for your local agent's address, and send two 24¢ stamps for our catalogue to Kevin & Bronwyn Rogers, Australian Retsel Distributors, P.O. Box 712, DANDENONG 3175, our office 16 Pinewood Avenue, NORTH DANDENONG, or telephone 03-795-2725.

LAND WANTED: I am a 29 year old guy, vegetarian, non-smoker, non-drinker looking for a few acres to lead my own lifestyle, to pursue self-sufficiency, living in harmony with nature around like minded people. I would prefer a dwelling of some kind and permanent water (electricity not essential). I am willing to pay between $5,000 and $10,000. I am interested in hearing from communities, co-ops, or any other proposals. Please write to Peter McDade, P.O. Box 30, FORBES 2871.

LAND WANTED: Very cheap acreage wanted, preferably virgin bush. Freehold, co-operative or tenancy-in-common considered. We could accept some terms if necessary. As I am an invalid we don't want it too rough or isolated, our needs being water, primary school, adequate fertile soil and space for a large garden and sufficient bush for native birds.

Write to Cam and Janeane Pratt, 15 Mahogany Place, MACQUARIE FIELDS 2564, or phone 02-605-9764.

TIPI FOR SALE: 18ft authentic Sioux design. Good condition. Includes poles, liner, storm door, storm chutes, floor, back rests, ropes, drip pegs, etc. Hand made by Frank Donovan. $1,000 or best offer.

Contact Jill Buldah, C/- Post Office, CANN RIVER 3889.

FOR SALE: From Elfinvale Stud Kelpies — books, *Breeding and Training Sheepdogs* by Tim Austin, $4 posted, *Dog Psychology* by Tim Austin, $4 posted, *Suey The Sheep Dog* $5 posted. Send to T.G. Austin, 'Elfin', P.B. 7, COLERAINE 3315.

FOR SALE: Twenty-five acre property, 5 miles from town. Two years old eleven square home. Six acres are cleared, two acres cleared with small orchard, mixed fruit trees. The rest is natural bush. Abundant, *pure* bore water, 5,000 gal concrete tank to house, 2,500 gal tank to vegetable garden. Price is $48,000.

Peter and Barbara Lanham, Timor Road, COONABARABRAN 2857, phone 068-422-054.

MANPOWER WANTED: We live on 160 acres of secluded timbered bush in a picturesque area 25 miles inland opposite Fraser Island in S.E. Queensland. Is there anyone who would like to try their hand at living in the bush in exchange for some help in necessary clearing and fencing. Being middle aged we find we cannot handle the area alone. Any arrangements would have to be on a fairly short term basis — say two years — as we plan to subdivide into two minimum 40 acre blocks for sale at some future time. It may suit like minded folk who want to have a go and lack funds to buy their own place. No power available but water could be organised. Some form of accommodation would be necessary – van, bus or whatever. Nearest shop 9 miles but primary school one mile and high school 24 miles in nearest city, Maryborough, serviced by free bus.

All suggestions welcome. No big dogs or cats on account of the wildlife. Replies to Mike and Annette Olarenshaw, M.S. 221, BAUPLE 4650.

WANTED TO EXCHANGE: A 40 ft professionally built steel cruising yacht, fully fitted out ready to go, for land and/or house in north-east N.S.W./Qld areas, value to $49,000.

Contact John Catmull, C/- Post Office, WAVERTON 2060 or ring on phone machine 02-920-973.

GOATS FOR SALE: Saanen does and goatlings available. Some in kid to Mytaba Sebastian, others milking. Bred for production, type and good temperament. Raised under natural conditions on extensive free range.

Contact Marg Gillespie, 'Ardmore', R.M.B. 337, GUNDAGAI 2722. Phone 069-448-241.

FOR SALE: Old style tea-rooms in Beechworth, Victoria. We are in a large old brick shop, established since 1860, with pressed tin roof, skylights, verandah, and situated in the main street next to a hotel classified by the National Trust. The feeling is pinks, greens, creams and lace. We have a collection of 1930 Australian pottery.

Being in Victoria's 'most historic gold town' there are many tourists passing through at all times of the year but we have also developed a sound local trade. We are offering an alternative to the normal fare found in country towns, thus home made cakes, scones, vegetarian dishes, with an emphasis on fresh wholesome food. Currently we are doing only morning and afternoon teas and lunches. We do evening meals and catering on request where there is great potential and despite demand we have opted for having more free time.

The business would suit a couple or two people working on a part-time basis who want to lead independent, relaxed lifestyle in a small and charming country town. There is a lease and a good rent has been established. We are asking $17,000 on a W.I.W.O. basis.

Apply to Judy and Chris, 32 Ford Street, BEECHWORTH 3747. Phone 057-281-090 (B.H.) or 057-281-199 (A.H.).

WANTED TO LEASE OR RENT: As a family we are moving to Queensland in January. We are needing a place to rent/lease for about five years. Half to three-quarters of an acre would be ideal. Must have power connected, phone line available, preferably with a 2 or 3 bedroom house,but that is not essential as we have a very large caravan. My husband's firm is starting a new branch of which my husband will be manager. We need the room to store equipment. I'm also into organic gardening so I need room for a house garden. We have two children. We need to be situated somewhere between Beenleigh and Brisbane.

Linley Valente, 22 Island Parade, Lakeside Park, NARRABEEN 2101.

Unclassifieds

Unclassifieds are $5.00 each and payment must accompany the advertisement.

SHARE FARMING OPPORTUNITY: We need help in completing development on our 7½ hectare tropical fruit farm near Nambour S.E.Q. We would like to hear from a couple interested in share-farming 2000 paw paws and providing some paid casual labour on other trees, avocados, etc. till they are bearing.

The right couple would progressively take over share-farming whole property within next two years. Can offer good caravan area with free power, water and a half acre for own garden etc.

For more information, including remuneration plan, write to Owen and Pat Dibbs, Kiel Mountain PS 1489, WOOMBYE 4559.

TEACHER WANTED: Is there someone, somewhere who might be interested in sharing our busy life.? First and foremost we need a trained teacher as we have three children on correspondence and one pre-primary who badly needs more than I have time to give her.

As we live on a sheep station there is lots of space and plenty of scope for someone who likes natural things. We have horses for riding, a milking cow, dogs, chooks, cattle and sheep.

There are separate living facilites and you would receive a good wage plus all your keep. Your own vehicle would be an asset though.

We could also do with a carpenter or handyman as there is always loads of maintenance to be done — however that is another job. We would need a teacher to start mid February.

Catherine Jensen, P.O. Box 61, MOUNT MAGNET 6638.

LAND TO SHARE: We are a vegetarian group who have just purchased 450 lush acres in the Tweed Valley. With good access, it's at the end of a valley called Couchy Creek with rain and eucalypt forest and abundant waterways. Potential is unlimited for sub-tropical orchards. Ten of the eleven shares are sold and we are now seeking a family with a boy child 8-12 years to be company for our ten year old. There are also two, 6 year old girls and a six month babe. Primary school is ten minutes away and Murwillumbah is 25 minutes away. We are a diverse group consisting of a weaver, artist, botanist, school teacher, upholsterer, electrician, social worker and builder. We are attracted to simple wholistic lifestyles, permacultre, re-afforestation, sound ecology, elemental energies and home building.

Cost of a share in this wonderland is $15,000 cash or terms over three years. If this suits your family, contact Richard Tregear, Stoddarts Road, TYALGUM 2484.

FAMILY HOME FOR SALE: After years of dreaming of attaining a healthier lifestyle, now in middle age we feel free to take off and look for a small piece of land in a kinder climate.

However we have a strong reluctance to sell our much-loved family home to just anyone who comes along with the money. We wonder if there are any frustrated G.R. readers who are tied to urban living who would like to buy this house as a "half-way" between city and country lifestyle.

It is situated on a large block on the southern slopes of the Dandenongs in a bushland setting, one mile from shops, schools and trains to Melbourne (22 miles) or twenty minutes drive to Dandenong or Monash. The 15 square fibro house was built in 1968 and has a large open living area, with open fireplace and gas wall heater, 3/4 bedrooms and septic drainage, on a sealed road. There are about a dozen varied fruit trees, chestnuts, soft fruits and a vegetable patch as well as a hen house, at present unoccupied.

We have found this an ideal environment in which to raise our family, teach them to appreciate the beauty of natural surroundings and wildlife as compared with the materialistic rat-race and feel sure there must be others who would feel the same. The asking price is $38,000 saving agents' fees.

Pat Browne, 14 Belmont Avenue, UPWEY 3158. Ph. 03-754-7887.

LAND WANTED: We are looking for another property in southern Queensland or northern N.S.W. Would you know of anybody wanting to sell between 80-100 acres of fertile land at a reasonable price.? We do not require a house on the property but we must have permanent water and wish the area to be suitable for small crops and fruit trees — avocados if possible. We would also need to have a school bus not too far away.

Carmen and Eric Iseli, C/- Post Office, EUDLO 4554.

FOR SALE: 925 acres C.P. red basalt to granite, moderately timbered, some regrowth. 270 acres approx. permissive occupancy, given in. Creek runs through this P.O. Some good holes in creek. On the rest of the property water is one small dam and one very good water hole. Some boundary fencing is new, remainder needs some repair. Carrying capacity by previous owner was 30 breeding cows, 350 sheep, in present condition plus some farming. Rural power is connected to property.

Structural improvements, near new shed size 20ft by 30ft. Could be subdivided into six 10 x 10 rooms if need be. 27,500 litre cement tank supplying water to shed, fresh rain water plus one 600 gallon iron water tank. Yards and sheds suitable for goats as we run Angora goats.

A new 4 b/r fibro house on site with permit to build. This house is a Logan Unit build it yourself kit. Everything is ready to go. Ten kilometres to school or school bus to high school. Twenty kilometres to large town and shopping centre, sports, high schools.

The price we are asking for this lovely property is cheap at $90,000. Our only real reason for selling is for health reasons. This property is well secluded, has abundant wild life on it, including kangaroos and koala bears which are rarely seen. Road is a little rough which helps to keep the property reasonably secluded. At the moment we are erecting some new internal fencing.

Directions to property: come to Inverell the go south ten kilometres to Gilgai. Further directions frm B.P. service station. This property is situated in N-W of N.S.W.

H. Moffit, P.O. Box 2, GILGAI 2360.

NOW HOPING for a letter from a woman who likes mountains, the sound of gurgling water and breakfast before eight.

Our hamlet is permacultivating a valley by the river on 3600 acres. We have tacit understanding, no heavy arguments, cats or dogs. We give one another space, energy and respect.

I'm 39 and reasonably fit. I don't talk much if people aren't listening and I don't listen much if people keep on talking. I do cartoons, make things with stuff from the tip. Most of the time I behave like a proper gentleman. I have a modest cabin and a ute.

The world is going mad again. Don't look — it might be catching. Come here and sow some seeds, or at least write a rave to Tom Coley, 'Wytaliba', via GLENN INNES 2370.

FOR SALE: *The Mother Earth News* — numbers 25 to 47, 49 to 53 and 55 to 70. Seven and a half years of self-sufficiency for $150.00 (plus your rail freight costs for approx. 17 kgs.)

Will not break up the set so only one lucky buyer! But an odd bundle of Mother Earth News Nos. 5, 29, 31, 33 and 35 for $15 plus freight costs for approx. 2 kgs.

We've built our house, planted the orchard, set-up poultry, cleaned the land and settled in. It's time to pass 'Mother' on for a needed cash crop.

Write to Mat Horn, C/- P.O. BEECHWOOD 2446.

LAND FOR SALE: At Upper Buckrabendinni Road, Bowraville inland from Macksville.

The property is a 500 acre sharehold which backs Mistake State Forest. We have four shareholders at the moment and we are selling a fifth share to make up five share of 100 acres. We don't wish to subdivide as there's plenty of room for five families. Vegetarians preferred.

For more information ring 043-677-537 (Gosford) and ask for Brenda.

Unclassifieds

Unclassifieds are $5.00 each and payment must accompany the advertisement.

WANTED: To rent or buy a farm in Queensland not too far from Brisbane if possible — preferably with some established fruit trees and perhaps a market garden.

My husband has been transferred to Brisbane by the bank at which he now works. The two girls would like to start the school year in Queensland.

I have worked in many forms of agriculture on kibbutzim in Israel for 5½ years. Peter has gained his land experience in Papua New Guinea. We are vegetarians and do not smoke or drink.

If a reader has a place that we could rent with a view to buying at a later date this would also be very acceptable. We are in the process of trying to sell our three bedroom home in Sydney.

Please write to Peter and Helen Mills, 22 Anselm Street, SOUTH STRATHFIELD 2136.

LAND WANTED:We are looking for land to lease with contract option for purchase within a few years. We would prefer mid-north-coast between Port Macquarie and Coffs Harbour back to about 50 miles from the coast. We must have good water and any old building would be an advantage. Power and phone would also be required within about eighteen months so must be available. We would also like some frost free land. We would require about 40 acres for stock so are looking for land not less than about 80 acres and would prefer around 100 to 150 acres.

We are fencing contractors, also construction and erection of all shedding, yards and welding fabrication works. Our intention is to run our own stock for meat, milk, eggs and poultry, grow our own vegetables and fruit, and to offer a service for local landholders as I am also a harness maker.

We have approx. 12 months contracted work in this area but could sell and would, if we could get set up on the coast.

All replies to S.L. Langens, Violet Dale, BEN LOMOND 2363.

FOR SALE: Six acres plus mail run 40 miles from Bendigo. Assured income $11,000 p.a. for 4½ hours work five days a week. Suitable site for house plus established septic system. 10,000 gal concrete tank. Huge dam. Large shed. Price is $15,500. Please write to E. Leech, Post Office, PRAIRIE 3572.

WANTED A SHARE IN A LAND CO-OPERATIVE: We can pay up to $4,000. We are Garry (37), design engineer, product designer, teacher arts, crafts and history of art, sculptor and Carla (35), jack of all trades. We are handy with heads and hands and believe in living in harmony with nature and people.

During the next few months we will be building our motorised campervan, sell most of our stuff and start travelling around Australia in May. We will keep going until we find our spot. Drugs, drink, or religious freaks need not answer. We will answer every letter. Please write full details to Carry and Carla van Empel, P.O. Box 256, WOLLONGONG EAST 2500.

FOR SALE:After several years of soap making, I have found a recipe that is easy, suits all needs and best of all, gives a good lather in hard or mineralised water where all others fail. It's made from cottonseed oil and is good for the skin as well. Cottonseed oil has been hard to get but now we have a good supply. If anybody is keen to try, I can supply a 4 litre container for $4.00 plus freight to your nearest railhead. This will include two recipes for the soap as well and makes two batches of soap, approx. 36 cakes each batch.

Margaret Pelvin, M.S. 464, HELIDON 4344.

FOR QUICK SALE:Self-contained double decker bus. Leyland diesal motor in A1 condition. Fully carpeted, air conditioned. Must sell $5,000 (O.N.O.). Ring Maria 079-722-699 who will deliver any messages to Rick the owner.

FOR SALE: Three bedroom, older style farm house, vintage 1915, on thirty-five acres (20 re-seeded pasture, 15 virgin forest). The property is located in the Huon Valley in Tasmania with fantastic views over an historical village and the Huon River, land on slope surrounded by apple orchards. There is spring water, hot water, shower-bath, honey bucket, proposed septic system, two dams, three out-buildings, two new access roads, excellent soil, 50 inch rainfall. The land is on six titles and is a quarter of a mile from the nearest township. Price $42,000 O.N.O.

David van Kriedt, Old Road, FRANKLIN 7113 or telephone Franklin P.O. and ask to return call (leave number).

WANTED: My daughter does saddlery and harness repairs. Owing to the low volume of work and lack of work space, she is trying to locate a horse-hair teasing machine of the type which travelling saddle makers used earlier this century. She is also trying to locate a sewing machine suitable to sew heavy leather. Machine need not be modern and/or powered.

R.L. Johnstone, 17 Railway Street, EMU PLAINS 2750.

FOR SALE: Books by independent publishers.

The Gypsy Cookbook. Legends and recipes for natural foods – $3.95.

The Gypsy Storyteller. Stories and folklore of the Romani people – $3.95.

Savage of Bau. History and adventure in the South Seas – $3.50.

Trooper Anislie. The turbulence of the A.C.T. in colonial days – $3.50.

This Child. An Aboriginal boy's struggle to survive – $3.00

Time to Read Poems. Poetry with a common theme, delightfully presented – $4.95.

All available from Norman Featonby, Good Book Service, P.O. Box 449, ASHFIELD 2131. If you send payment with order, we send books post free.

FOR SALE: We have for sale a house and small business in a growing bush community. The house is high set, fully furnished, on one acre of land. We are situated in Hidden Valley about 145 km north-west of Townsville, North Qld. The lower portion of the valley is tropical monsoonal woodland, at an elevation of 2,000 ft. The top end is rainforest. We are situated in the lower portion, just off the road and about 200 metres from Running River, a permanent stream of great character. There is no mains electricity available at present. A 32 volt generator runs lights and washing machine. Cooking and hot water are supplied by the slow combustion stove. The fridge is kero. The business consists of a non-official post office and a bulk fuel (44 gal.) depot. Present income is $7,000 p.a.. There is good potential for a small shop as a primary school is situated 200 metres up the road. Price is $20,000. Write to R. Fordham and G. Goodhew, C/- post Office, HIDDEN VALLEY 4816, via Townsville, or phone Hidden Valley, 100.

LAND WANTED: We are a married couple, mid thirties with two children – boy 12 years, girl 8 years. Garry is a bricklayer. We desperately want a few acres to do our own thing by getting back to nature and to live as near a natural lifestyle as possible. We would like 5 acres upwards in central to north N.S.W. or just over the border in Queensland with access to water the only requirement. We have $5,000 deposit and repayments of $600 per month on vendor terms, or to share with people who have the same thing in mind. Our aim is to grow fruit, vegies and have a few animals.

Reply to Garry and Adaie Cooper, C/- Post Office, PORT MACQUARIE 2444.

LAND WANTED: Larry (51), Flora (24), Captin (1) and 'Boo' Dog (3) require land (preferably north), share, $3-5000, close to Sydney, water and power.

We are not rabid conservationists, but interested in self-sufficiency. Have diamond drill, lathe, welders, cement mixer, pumps, engines and too much 'junk'. We need space for boat-building, underground housing, horizontal water boring for irrigation farming and hydro-electricity, experiments with wind power, methane and alcohol, feed-lot farming and commercial fishing with partners. Stevens, Box 235, Post Office, BOTANY 2019.

Information Available

When contacting groups, associations or newsletters mentioned in Information Available, please, out of courtesy, include a S.A.E., and mention that you heard about them in Grass Roots.

ALTERNATIVE EDUCATION RESOURCE GROUP

The A.E.R.G. is a voluntary group of people whose main aim is to provide information and support to people interested in, or wishing to extend the range of alternatives in education for children.

The group is based on the common belief that the range and choice of education in Victoria is at present rather limited, and that parents and others interested, often do not know where to find the information they are seeking. The A.E.R.G. offers the following:

Regular meetings
A Community Resource list
Regular newsletter
Lists of alternative schools in and around Melbourne
A growing list of books and other references about alternative education seminars, speakers, etc.
Two booklets, *Home Education* and *Starting a School*. These two 'kits' stress practical information and advice — legal requirements, resource people, etc. Price is $5.00 per book, posted.

If interested in any of these aspects or the group generally contact:

Mrs. L. Jephcott,
101 Pleasant Road,
HAWTHORN EAST 3123.
Phone: 03-827-766.

COURSES IN ORGANIC GARDENING

Several weekend courses in organic gardening will be held in Sydney and Armidale between January and March by Joe Friend in conjunction with the Henry Doubleday Research Organisation of Australia.

Titled Organic Agriculture, the course will cover such areas as history, economics, compost and composting, earthworms and soil, cropping and companion plants, pests, predators and alternatives, seaweed sprays, organic produce and pricing, organic methods and permaculture. The course will be supported throughout with slides, tapes and films and there will be ample question time. Also included is practical field experience at various farm sites.

Further information is available from:

Joe Friend,
1049 Old Northern Road,
DURAL 2158.
Phone: 02-651-1425.

ACCESS MAGAZINE Pilot Issue, Dec. '81/Jan '82

Melbourne's monthly Journal of News, Views, Reviews and Previews.

This is a new monthly publication for Melbourne and Victoria. It is thought to be the first genuine community magazine of its kind, a non-profit publication put out by the community for the community, It is aimed to provide media access for groups or causes lacking the means to command attention and to give access to information considered unimportant in conventional media.

The first issue contains articles on the Year of the Tree, woodchipping, black Melbourne, Ikebobu (Japanese flower disarrangement), school children producing their own radio programs, Vega — the Greenpeace vessel, book reviews and much, much more. R.R.P. $1.25. More information can be obtained from:

Rolf Heimann,
170Mills Street,
ALBERT PARK 3206.

WILD FOOD RECIPES

Early in 1981, the Botany Club of the University of Queensland held a wild food tasting to experiment with the edible weeds and native plants listed in the book *Wild Food in Australia* by A.B. and J.W. Cribb (Collins, 1975). The party was a tremendous success — a feast of great variety. As a result, the group put the recipes together in a booklet *Wild Food Recipes*. The term 'wild food' is used to include Australian native plants as well as introduced plants which have gone wild (weeds). The recipes are essentially European style and contain conventional ingredients to support the wild flavours. A second book *Wild Food Recipes Vol. 2* followed — the result of another party — and is an excellent companion to the first volume. This book includes many of the same native plants or weeds featured in the original volume, but with an extended range.

The set of both volumes is $2.75 post paid. There may be a short wait for books during university vacation.

The Botany Club,
C/- The Botany Department,
University of Queensland,
ST LUCIA 4067.

1982 MOON CALENDAR

This calendar has been produced in New Zealand for the past six years by Gretchen Lawlor, one of the country's leading astrologers. It contains precise astrological information (with an adjustment for Australian times inside the front cover) for the serious astrologer, with each month's zodiac sign fully explained together with special references to the implications for 1982.

The Moon calendar is priced at $7.50 plus 75¢ post and packing. Send mail orders to:

Moon Calendar,
P.O. Box 47,
RUSHCUTTERS BAY 2011.

'MEN OF THE TREES' S.A. Branch

A branch of this group is being formed in S.A., so any interested folk please contact:

Burr Dodd,
P.O. Box 720,
BRIDGEWATER 5155.
Phone: 390-1503.

CRAFT PAMPHLETS

The Department of Agriculture in Hobart has a number of outstanding craft pamphlets which would interest beginner crafts people. They are free of charge but some are in limited supplies as they are reprints from the now defunct Tasmanian Journal of Agriculture. These leaflets are:

Get Hooked on Wool — a five page pamphlet on rug making with instructions and illustrations on hooking pile rugs with canvas and fleece and making tufted rugs, using a tufting loom, string and wool strands. The tufted string is later stitched onto backing material.

Tanning Animal Skins at Home — six pages of detailed instructions on tanning skins, in particular sheepskins, at home. Topics covered include selection, tanning procedure (two recipes), washing and drying, 'working the skin', dyeing and washing skins.

Know Your Wool a guide for hand spinners and rug makers. Four pages examining the characteristics and properties of wool, wool 'counts' and selecting wool for spinning and for rug making.

These pamphlets are available from:

Department of Agriculture,
G.P.O. Box 1928,
HOBART 7001.

Information Available

OPEN MIND

Down to Earth Alternative Education Network

Open Mind grew out of a belief that there are many people in Melbourne with skills they would be willing to share. As well, there are many people wanting to share those skills. Open Mind has organised a number of exciting classes and workshops for 1982, including self-sufficiency, herbs — domestic and medicinal — reflexology, healing, massage and more.

Further information is available from:

Open Mind,
2 Stephenson Street,
RICHMOND 3121.
Phone: 03-428-6866.

A EUCALYPT DYER'S HANDBOOK — Mikki and Ian Gleeson

This fascinating small book looks at the process of dyeing, and in particular dyeing wool with eucalypts. Apparently many parts of these trees can be used — leaves, bark, roots, rootbark and timber. While the authors have written the book around dyeing with leaves, other parts of the tree could quite easily be substituted.

The book covers preparation of wool, equipment required and materials used. It has suggestions for collecting and preparing the materials together with ratios and boiling times, and there is a large section given to additives — what to use, possible effects, fade tests and all the ins and outs of mordanting.

It is an informative little book based obviously on the authors' practical experience and one that people starting off in this craft would happily devour. Price is $2.00 plus 45¢ postage from:

M. and I. Glasson,
'Stanfield',
CARCOAR 2791.

DAILY PLANETS

The Australian Astrological Calendar and Ephemeris 1982-3

This glossy beautifully illustrated calendar will bring untold pleasure to astrologically minded readers. It contains basic information on the zodiac signs, planets, retrograde planets, lunar cycle and moon planting. The planting guide has a daily colour code relating to the moon gardening phases and as such is easy to follow. Each sign has a sensitive colour illustration which readers may want to keep long after the calendar has outlived its usefulness. As well, there is an excellent ascendant chart designed for Australasia.

The Daily Planets Calendar is $7.00 plus $1.00 post and packing Australia, and $1.20 ($1.85 airmail) post and packing N.Z.

Apollo Productions,
P.O. Box 307,
MULLUMBIMBY 2482.

'PRESENTING WOOL'

Coloured Fleece, Coloured Yarns and Handcrafted Garments
Adelaide 5th – 21st March, 1982.

This is an activity of the S.A. Coloured Sheep Owners' Society Inc., The Handspinners' and Weavers Guild of S.A. Inc., and the Woolgatherers Weavers Workshop. It includes competitions for coloured fleece, handspun wool, coloured wool handcrafts plus a handcrafted garment parade and exhibition. As well, there will be displays from societies, business firms, groups, etc. relevant to the production and use of coloured wool.

Further information available from:

'Presenting Wool',
P.O. Box 6,
BURNSIDE 5066.
Phone 08-468-366.

SOR-I-A-SIS Heal Yourself — Kent Trussell

Psoriasis is a puzzling skin disease that has mystified the orthodox medical profession for many years. Kent Trussell suffered from it for 20 years and during that time went through the roundabout of trying to find a cure. Eventually he did, largely through applying the information he had gathered from research over these years. He has no sure fire 'cure', rather he advocates that with time and patience, plus the vital role of diet and lifestyle, the body will heal itself. He sees diet as the single most important factor, lists aggravants and makes suggestions about which foods are suited to the healing process. Lifestyle and the whole person are also examined, with suggestions for attaining a more positive harmonious self.

This book is $5.50 posted ($6.00 airmail overseas). Trade enquiries welcome.

Cherrytree Co-operative,
P.O. Box 73,
BRUNSWICK HEADS 2483.

WORLD BIKE RIDE FOR A NUCLEAR FREE FUTURE

The World Bike Ride for a Nuclear Free Future making use of efficient and simple technology will carry the message for peace, disarmament and a nuclear free future around the world.

The route will be — Melbourne (leaving mid-Feb.), Canberra (leaving 6th March '82), Sydney (leaving mid-March), Brisbane (leaving early April), Townsville, Mt. Isa, Darwin via various uranium mines and places of interest. Most of the route is along the railway lines to allow people flexibility in joining and departing the ride. From Darwin in early July the ride will depart by boat to the Solomon Islands and Japan, spending August 6th with the people of Hiroshima. Visas permitting, the journey will then continue on the Trans-Siberian via Moscow to Europe.

Anyone interested in participating in the ride, helping with organisation or publicity, or who lives along the proposed route and would like to offer assistance in any form please contact:

The Atom Free Embassy,
C/- 366 Smith Street,
COLLINGWOOD 3066.
Phone: 03-419-8700.

or

101 Cleveland Street,
CHIPPENDALE 2008.
Phone 02-698-4114.

PHOENIX SEEDS

A Catalogue with a Difference

This catalogue written with very generous help from Bill Mollison, is not just a list of seeds. It is a new departure encapsulating the principles of Permaculture gardening, in that it has grouped plants in logical, functional assemblies which illustrate basic Permaculture design, and tells you where and how to plant them for least work to you and most return for effort. It is an ideal book for those beginning a garden, and opens up new dimensions to experienced gardeners as well.

The emphasis in our range is on the perennial vegetables, herbs and those trees useful as good forage, shelter, fuel, fibre, construction, utensils, medicines, oils, waxes, soaps — which are the basis of Permaculture systems. Most of the seeds in this catalogue are from reliable seed merchants in Australia or overseas. Some of the rarer ones are from people who have aims similar to our own and who specialise in endangered species.

This attractive 30 page catalogue/magazine is a successor to the ill-fated Self Reliance Seed Company's catalogue, and like it contains much invaluable information. Included are listings of tree groups, groups concerned with self reliance, agriculture and environment, seed exchanges and banks, alternative media and groups opposed to the PVR legislation. Price is $3.00, available from:

P.O. Box 661,
BURNIE 7320.

Book Reviews

HOME FOOD SYSTEMS — edited by Roger B. Yepson Jr. and editors of Rodale Press, P.O. Box 459, Brookvale 2100. R.R.P. $19.95. Soft cover, 475 pages, American.

This is one of the most fascinating food books I've come across. Aptly subtitled a 'catalogue of methods and tools for producing, processing and preserving naturally good foods' it is indeed a who's who of food and foodmaking.

The book covers such topics as grains, beans, sprouting, juicing, drying, canning, freezing, tongue foods (condiments, herbs, etc.) the home dairy, backyard animals, fish, gardening, mushrooms and planning the home. Each topic (for example sprouting) is broken down into a number of parts, covering what it is, its nutritional value, how to make it, variations, challenging recipes, extracts from relative books, book reviews and a run down on the tools and equipment available.

At $20.00 it seems expensive, however I believe it is value for money. (Quickly check on several wholefood books; I'll bet in size alone this book is a better buy). With such a smorgasboard of material, it is obvious the topics will not be covered in depth, however there is enough there and of such infinite variety that even the most experienced food preparer will find areas to interest and stimulate them. As well it makes a quick single reference book for whole food living.

Home Food Systems has a large page format, a relaxed, interesting layout and is well illustrated with black and white photographs and sketches. Don't be afraid of spending the money — it will possibly eliminate the need to buy half a dozen smaller books on similar topics with a far higher total price.

HOME THERAPY FOR ARTHRITICS — by Edna Pemble. R.R.P. $3.95. Soft cover, 72 pages.

As one afflicted with arthritis, I applaud the commonsense approach of this book and heartily recommend it to fellow arthritic sufferers. It is neither a technical book nor one written in the traditional medical vein, rather it is about self-help and wholistic alternative medicine and as such it is easy to read and follow.

The author has suffered several separate bouts of arthritis and it is through this experience that she arrived at her 'personal concepts in self-help'. She explains how she formed these concepts over many years and much pain and how she evolved a form of home therapy which helped her. Basically it consists of vitamins, exercise, sauna baths, heat, diet and aspirin if in pain. She backs up her ideas with practical suggestions. In the diet section she gives recipes for a 'good for arthritics' milk, for gravy, sauce, pastry, mayonnaise, biscuits, cakes, soups, fish and chicken dishes and more. Her ideas feel within reach of the ordinary person and as such must inspire followers to stay with it and participate in their own healing.

HOME MADE JAMS, JELLIES AND MARMALADES — by Winifred Graham. R.R.P. $4.50. Soft cover, 121 pages.

Jam and jelly making books seem to be a penny a dozen these days and while this little book doesn't stand out as having anything particularly new or innovative about it, it does contain sound, practical advice for would-be jam makers. Such advice covers the role the varying ingredients play, tests for setting, causes of spoilage, pectin and a question and answer section for jams and marmalade. The many recipes (170 in all) vary from the ordinary to the unusual like mango, guava, rhubarb and orange and plum rum jam. The recipes all use sugar rather than honey as the sweetening agent. A practical book with sound easy to use information.

LIGHT WEIGHT CAMPING EQUIPMENT AND HOW TO MAKE IT — by Gerry Cunningham & Margaret Hansson. R.R.P. $7.75. Soft cover, 150 pages, American.

This book was conceived one evening when Meg Hansson was straining the budget to buy six new sleeping bags for a family vacation and Gerry Cunningham, the founder and designer of a well-known line of backpacking equipment, suggested that she make them herself. Since that time the book has not only helped thousands of people to enjoy the wilderness as inexpensively as possible, but has been a dependable guide to evaluating and choosing equipment.

Now in its fifth edition, the book begins with a discussion of modern camping methods and then deals with the advantages and disadvantages of available material — fabrics, insulation, hardware, etc. — and the use of patterns and sewing methods. The following sections provide detailed instructions for a number of do-it-yourself projects, including packs, sleeping bags, tents and clothing.

HANDY FARM & HOME DEVICES & HOW TO MAKE THEM — Cornstalk Publications. R.R.P. $9.95. Soft cover, 303 pages, Australian.

I think there must be dozens of books on the market which are full of handyman hints and how to 'make do' and already I own a number of them. But this one is different. It is not only full of practical, well illustrated hints, but also it has a delicious air of nostalgia about it. Let me explain. It's a facsimile edition of a book put out by *The Advertiser*, our South Australian paper 'way back in 1945, apparently to help all those soldiers who returned from the war to take up soldier settler blocks in S.A. As most of these 'selections' were undeveloped and often a great distance from towns, lots of things had to be improvised — hence the title. As a bloke who hates to buy anything ready made if I can make it or scrounge it, the book struck a sympathetic chord as I think it will with all you brave people trying to lead a self-sufficient lifestyle.

It has sections on the home workshop, building hints, sheep, cattle, pig and poultry husbandry, ideas on homemade furniture and to cap it all off, a delightful, archaic (and probably these days dangerous) section on first aid.

Dipping into the book you find such things as an improvised vice from two clamps, a galvanized iron cutter from an old chaff blade and various methods for hardening and tempering tools. The building section has details of how to build log huts complete with hints on using ashes to harden the earth floor. Real 'Grass Roots' stuff!

In the farm and station section, you'll find the proper way to kill and dress various animals to make the best use of the meat and the hide. There are methods for making effective, simple fences and gates, based on sound physical principles and utilizing scrap oddments that can be found on most farms, or if you're like me, in the local rubbish dump (20¢ to deposit or withdraw!)

There is a very large section on water conservation and reticulation, as there should be in this dry country of ours. While some of the hints here have been made obsolete by plastic piping and drip techniques, there are sound hints on erecting windmills, lifting water out of deep gully creeks and even a diagram of a home-made windmill made out of a 200 litre drum and old car parts. Okay, so that isn't new, but it antedates by 30 years any other reference I've ever seen to this idea!

For all you vegie growers, try a fertilizer spreader made from a 20 litre oil drum and an old motor tube. There's a garden cultivator made from a bike wheel, scrap timber and an old hand cultivator. And if you fit pieces of motor tube around your knees, they make good knee pads for weeding. Why didn't I think of that?

There's even a section with solar power and heat conversion ideas, most of them seemingly much simpler and less expensive than those presently on the market. I could rave on and on, but I must restrain myself.

Suffice it to mention the adverts — all 1945 style and all slanted towards the returning ex-servicemen with slogans such as 'In war as in peace....' etc. They also have a naive, honest way of advertising their goods, in stark contrast to today's razzamatazz. I think it's worth the money. I've used only a few hints so far, but one of them saved me from foolishly buying a wire strainer when I found I could use my crowbar as a lever and do the job just as well. Checked the price of a wire strainer recently? It also gives, unconsciously, a thought provoking look at our parents' generation and the way they improvised. If they did it, by hell, so can we.

Book Reviews

FRIENDS OF THE EARTH COOKBOOK — by Veronica Sekules. R.R.P. $5.95. Soft cover, 192 pages, English.

'A cookery book to help all friends of the earth make the best use of our plentiful and not so plentiful resources.'

This handy little cookbook is full of beaut recipe ideas for good wholesome food, aimed at making the best use of our share of the world food supply. It has an extensive section on vegetables with some interesting recipes for the well-known ones as well as for those less commonly available and many that are considered weeds. Scrumptious recipes are also included for soups, fish, desserts and bread (the chapter on bread also has recipes for wholemeal cakes and biscuits). There is a short chapter on meat and vegetable dishes with the emphasis on reducing the consumption of meat. This is part of the philosophy behind the book which is fully explained in the initial chapters. Apart from recipes, the principles of home brewing, growing your own vegies and information on equipment and minimising wastage are also covered as well as handy tables of weights and measures and oven temperatures with metric conversions.

In a world where famine and poverty are commonplace in the poorer countries, we as people of one of the luckier nations, can make a personal effort to reduce our drain on world resources by learning to keep wastage to a minimum, making best use of what we have available, and recycling materials wherever possible. This book will help you to take a step in the right direction.

NEW AGE POLITICS: Healing Self and Society — by Mark Satin. Pub. by Dell Publishing Co., Inc., 1 Dag Hammarskjold Plaza, New York. R.R.P. $4.95. Soft cover, 349 pages.

From the study of hundreds of books and the literature of virtually every alternative movement (while in Canada for nearly 12 years as a USA draft resister), Mark Satin has produced a compendium of very useful knowledge about the world we live in, together with many good suggestions on how we can, *as individuals* make it better. His insistence that we must first change our*selves* before we can change the world, is a main reason why this 'blueprint' for a better society is different from most; that and his acknowledgement that there will be different sorts of paths for different sorts of people.

This book is so richly full of so much information about so many facets of life that it is impossible to digest it all in one reading — every time you re-read a page you learn something new or discover an area you want to read more about in the references given. Mark Satin illustrates his points along the way with quotations from other authors and thinkers and usually the reader is stimulated to look them up and read more. And, in addition, there is a 'Resources' section at the back of the book which lists nearly 300 authors and their books, with a brief review of each together with publishing information. There is another listing of 50 periodicals, again with a summary of what field each covers and the cost of a subscription and address, and a third list of '100 New Age Groups' (he even includes the New Zealand Values Party!) with their addresses and a full description of their aims and services.

Mark Satin's politics are neither 'left' nor 'right'. He is interested instead in finding appropriate solutions to specific problems, concerned with specific ethics and political values that will allow everyone to survive and grow and flourish. He recognises and demonstrates that the attitudes and consciousness of all of us as individuals (grouped together as a people) direct the type and quality of the social institutions we elect to live with. (He says as few as 20% of the people can change things, if determined!) But he claims that most of us are enclosed within (and hampered by) what he calls The Six-Sided Prison. The six sides are: egocentricity, patriarchal attitudes, Scientific Single Vision, the bureaucratic mentality, Nationalism and the big city outlook. According to Mark Satin, the Six-sided Prison determines our basic beliefs about life and thus dictates our actions and our goals which make us, in a way, puppets in our unthinking acceptance of our imprisonment. To change this, we must consciously redirect our thinking as well as our actions and goals to truly acceptable ones as thinking, reasonable human beings. To do this we must first understand the Prison and really comprehend why it has such a strong hold on us, making us passively accept its limitations and prohibitions on being individuals in control of our own lives.

He examines and describes in detail all the 'isms' that have failed to change the world for the better — from capitalism to anarchism and communism — and his analysis is both thorough and without narrow-minded carping or hysteria. He has obviously made a deep study of the various social systems and philosophies that claim to 'have all the answers' and, in each case, he has found they fall short of solving the real problems of people today. You may not agree with all of his conclusions, but this book is a wealth of material for thought and action towards a better world and a better life for all.

Mark Satin comes across as a very earnest, humble and honest person and I would advise everyone who is concerned about an alternative (of whatever sort) to today's sick world to buy this book and study it (and the suggested readings). It is a mine of useful information not collected together elsewhere and, for those of us who have just about given up hope that mankind will be able to survive in the face of so much destruction *by mankind* of the whole world environment, this book offers hope!

PEDAL POWER, In Work, Leisure and Transportation — edited by James McCullagh. R.R.P. $9.95. Soft cover, 133 pages, American.

For centuries, people have been inventing and using foot and hand powered machinery to perform many common tasks. *Pedal Power* reviews the ways we have learnt (and mostly forgotten) to use our feet and presents blueprints and ideas for the further development of machinery to tap this readily available power source. Most of these simple machines use the bicycle as the basis for their design. The advantage is that parts are readily available and inexpensive; all that is then required is some knowledge of welding technique and the equipment.

Pedal Power will help you develop pedal driven devices for the workshop, in the kitchen, on the farm, for transportation — in fact, anywhere inexpensive energy is needed to run simple machines. It tells of the broad range of pedal power apparatus useful in developing countries as transportation, water pumps, borehole pumps and winches. Instructions are featured on running a washing machine, water pumps and a wood saw. The future of pedal power is discussed with ideas on pedalled lawn mowers, boats, tyre pumps, sewing machines, typewriters, cooling fans, rail bikes, delivery vehicles and personal rapid transport systems. This is an important practical book for anyone seeking energy independence and great reading for those who wish to keep up-to-date with the subject.

To obtain books from Grass Roots:

1. Add up cover prices of books required
2. Add freight
3. Send total with name and address to Grass Roots, P.O. Box 900, Shepparton, 3630.

FREIGHT: Postage and packing is charged at the rate of $1.80 for up to three books sent in Victoria and $3.50 for up to three books sent to other states.

All books without the publishers address are available from:
Grass Roots, P.O. Box 900, Shepparton, 3630.

Feedback Link-Up Feedback

Dear Folks,

Come 6.00 a.m. are you:

a) Sleeping off the effects of last night's raging party?

b) Donning a sweat suit to set out on your early morning 5km jog that serves no other purpose than to jar your ankles and tire you out for your long day ahead?

c) Setting out on your magnificent steed, out on your own personal adventure?

I have recently obtained a small 15 h. stock mare. The reason for writing is to make contact with some horsey Grass Roots people and to let you know that I conduct my own personal trail ride — one horse, one person.

At 6.00 a.m. the 'roos are out for their morning pick, the wombats are renovating their death-trap holes and all other types of native animals are setting out on their morning toilet. What better way to observe all this than on horse back? No noise, no fumes and you can pat your horse after he has been good — it would look funny patting a motor bike and above all, horses are organic and bio-degradable. You get exercise, your horse gets exercise, you can check your livestock or fences and you return replenished and revitalized.

Belinda Drury,
R.M.B. 3010,
VIOLET TOWN 3669.

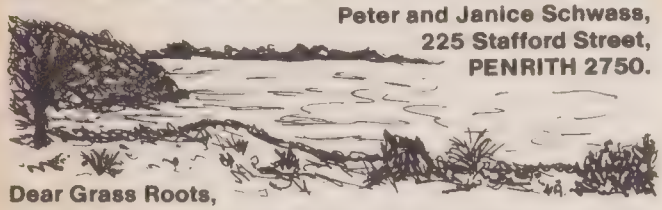
Dear Readers,

Peter and I arrived over here from west coast N.Z. in April. We want to see as much of your country (not cities) and meet people like you during our two or three years here. We plan to work in each state while doing some travelling. We both want to acquire as much knowledge as we can on self-sufficiency, so anyone interested in having us visit and perhaps stay in return for help on your property, please contact us.

We have a car, some gear for camping and two cats. Peter's trade is saw doctoring . He was brought up on a farm, knows all about milking and general farm work and is a good all round handyman. I help Peter wherever I can. I taught pre-schoolers in N.Z. and now I am helping in a herb nursery.

Anyone knowing of work or simple accommodation in your area, we would love to hear from you soon.

Peter and Janice Schwass,
225 Stafford Street,
PENRITH 2750.



Dear Grass Roots,

In answer to Joyce K. Parkin's letter (G.R. 27) concerning recycling of waste materials, there is a very good little book worthy of a place in every household called *Smallternatives — Personal Guide to Saving Energy and Money*. You can purchase this from the Queensland Conservation Council Environment Bookshop, P.O. Box 238, North Quay 4000 for only $2. Ask Q.C.C. for further information on recycling and a copy of their booklist and I'm sure you'll be more than pleased with the information.

It's amazing what uses can be found for all the packaging a lot of people tend to discard without thought. Old cigarette tins are ideal for fishing tackle. I find it's best to avoid packaged articles as much as possible — however it isn't easy to avoid it all. Old food tins (champignon, etc.) can be turned into good 'billy tea' mugs if you like to be creative. A further use for the plastic netting from fruit/vegies is when making potpourri, collect flowers and leaves, pack in loosely in net bag and hang in a cool, airy place to dry. This lessens the time needed to spread out for drying when wind and weather can create problems.

> '.....by introducing more and more small changes into our lives we will gradually develop a new 'consciousness' from which will spring even more changes.'
>
> Ian Pausacker in *Recycling: Is It the Solution for Australia?*

We hope to find land to buy some time within the next couple of years and expect to find a suitable place in North Queensland. If anyone knows of good land for a self-sufficient lifestyle with perhaps a certain amount of natural bush setting at a reasonable price we'd be pleased to hear from you. We'd also be pleased to find someone who may wish to have their land looked after by a reliable couple while they go overseas or whatever. We're keen to live off the land and gain more experience. Our interests are in fishing and outdoor activity, folklore and folk music and living naturally.

Anybody wishing to know about the North-West life please write and we'll do the best to answer your queries.

Jay Battison,
124 Nutwood Crescent,
KUNUNURRA 6743.

Dear Fellow Travellers,

Hi, from Gippsland! Is anyone interested in a new source of useful plants? I'm a trained naturalist/botanist actively engaged in plant propagation. I've been living out here for eight years — five as a retired or part-time teacher living on the land. I've just settled, finally, on five bare acres in a pre-World War 1 house on the edge of Warragul, with a potter/knitter/weaver, animals and many plants.

On the autumnal equinox, March 21-22, 1982, I will open my property as a small commercial nursery specialising in useful plants. I will attempt to collect at least two of everything useful — foods, fodders, forage, dyes, medicinals, timbers, etc. and propagate from them. The nursery's name will be The Botanic Ark and it will be open after the equinox on Sundays or by appointment only. Nearly all plants are seedlings selected from healthy parents acclimatised to Victorian conditions. All plants are raised with as much tender loving care as is available on a wind-blown under-capitalised site run by one crazy person. I am open to barter and am especially interested in sources of seed and unusual plants. Of course, I'm interested in meeting anyone who has an interest in natural resources, alternative agriculture, permaculture etc.

Lately I've been growing stone pines, Coulter's pines, Swiss stone pines, carobs, honey locusts, guavas, feijoas, pomegranates and smaller quantities of many, many other useful plants.

Appointments can be arranged by phone or post. I hope to soon have a list of available species for anyone sending a stamped S.A.E. Within a few years the Ark will feature a display or collection of all available useful plants and hopefully become a centre for contacts and information. Hope to see some of you soon.

Steve LaValley,
Lot 3 Copeland's Road,
WARRAGUL 3820.
Ph. 056-235-268.

Dear All Grass Roots Readers,

It's raining over here at the moment and it looks like it's going to be a wet Christmas. We've just finished potting all sorts of herbs, violet, self heal and lemon geranium (of which we know nothing). We need help from anyone interested enough to correspond, possibly on a monthly basis. Suggested literature, brochures or just an exchange of ideas would be great.

Tina Baker,
P.O. Box 674,
MASTERTON N.Z.

Dear Grass Roots,

I would like to correspond with someone interested in sharing a small house on ten acres at Spring Hill. I am a thirty year old male, a vegetarian, a vegie grower, a non-car user, a recreation and racing bicyclist and a student interested in existential issues.

Andrew Rivers,
R.S.D. Paradise Valley Road,
KYNETON 3444.

Feedback Link-Up Feedback

Dear Grass Roots People,

Firstly a big 'thank-you' to you for bringing my darling Michael Sweeney and me together. We're extremely happy and hope you continue to give other people the opportunity to find suitable partners or friends.

Simply can't let Robin Eagle's letter re Country Womins Spring Festival in S.A. go by without comment. It's great that these women are helping each other become more skilled and 'informed' and just getting together. But why the big anti-men bit? It's really too heavy putting men below cats and dogs! Indeed, they *will* need to be able to shear sheep, repair machinery, etc. because any self-respecting man wouldn't be very obliging when given that sort of treatment.

It bothers me what these feminists' kids will become! Being exposed to such bitter, negative attitudes towards men, chances are they'll be severely maladjusted adults. Could these women be so blinded by their 'future visions' to influence their children in this way?

To me, to gain a really natural wholistic life in the peaceful countryside it is only complete and totally worthwhile when each day and night is shared with a beautiful man. There's nothing more invigorating than a kiss and a cuddle while you're slogging away in the vegie garden or chopping firewood. A Michael Sweeney quotation here: 'feminism is a product of the urban environment, which is currently being pushed on to the rural populace, whether they want it or not.'

Anyway, how about some super-duper New Age love. For you ladies out there who love to treat your man to something yummy, here's my very own recipe for you to try. Please don't be tempted to use baking powder or other evil additives. If you are tempted, then don't make this cake.

PEAR CAKE

To one heaped tablespoon of melted unsalted butter, add 2 heaped tablespoons of raw sugar and 1 egg. Beat until thick. Add 2 heaped tablespoons of skim milk powder, 1 heaped teaspoon ginger powder and ½ teaspoon of nutmeg. Beat again. Now add 2 large pears that have been grated (unpeeled but de-cored). Beat again well. Dissolve 1 heaped tablespoon dried yeast in ½ cup warm milk. Add to mixture. Now add 2 heaped breakfast cups of plain wholemeal flour (and ½ cup chopped walnuts if desired). Mix to a firm but moist dough. Pour into lined cake tin and prove in a warm place until double the size. Bake in a moderate oven until golden and cooked.

Margaret Whittle,
'Parkbridge Farm',
P.O. Box,
TARADALE 3447.

Dear Grass Roots People,

Many thanks to all for a really practical magazine — it really keeps my batteries topped up.

I'm a lad of 45 working (weekends, holidays and any other time I can grab) with 20 hectares of stone, trees and wildlife, towards a self-sufficient lifestyle. Several families in the area are working on similar lines. I'm not into any dietary, religious or political fads and the whole effort is run on a very thin shoe string.

Is there a lass who would like to share this work – its future and its ups and downs. All letters answered.

Bill Cudby,
2/51 Bowes Avenue,
AIRPORT WEST 3042.

Dear G.R.,

In reply to the reader in G.R. 27 who asked about soap moulds, I would recommend one litre milk cartons. The waxed surface facilitates removal of the soap and the tall thin shape makes for the minimum formation of surface soda ash. As well, when set, the soap is easily sliced into useful sized cakes of quite a pleasing shape.

Also, can anyone advise me on where I can obtain by mail order, essential oils and colours for scenting and colouring soap and does anyone have a tried and workable recipe for making transparent glycerine soap. I have difficulty in getting mine to saponify.

M. Boetje,
Post Office,
RUBYVALE 4702.

Dear Grass Roots,

In reply to Steve Harris (G.R. 27) re the propagation of Honey Locust (*Gleditsia triacanthos*). A couple of reference books which are fairly in depth and involve outlaying about $30 each are *Plant Propagation — Principles and Practices* — Hartmann and Kester. Prentice-Hall inc. (Publishers.)

Seeds of Woody Plants in the United States (misleading — also deals with trees the Americans like to think they discovered e.g. eucalypts!!) by Forest Service, U.S. Department of Agriculture, U.S. Govt. Publishing Office.

Both these books get right into all methods of propagating — seeds and their treatment, budding and grafting, division, cuttings, layering and micro-propagation. Anyway the first mentioned book has this to say about Honey Locust:

> Soak the seed in sulphuric acid for one hour (maybe battery acid?), then store at 36°F (2°C) for three months. Plant seed in spring. Hardwood cuttings planted in spring root successfully.

Another source of information, cites pouring boiling water on the seeds and soaking for an hour (don't keep the water boiling). All these treatments break dormancy by softening the seed coat.

Lisa Brown,
R.M.B. 127,
via BUNGENDORE 2621.

Dear Folks,

Does anyone know why ducks eat the centres out of cabbages and lettuces? Mine seem to have acquired a taste for such delicacies.

Graham Carter,
17 Wellington Street,
EGLINTON 2795.

Dear Grass Roots People,

In regard to Jacky Scherf's enquiry about herbal treatments for the skin disease psoriaris. Salt baths, elm bark lotion, walnut husks lotion and St.John's Wort lotion all are said to help. Just boil up some of the stuff in water and dab the water on or use it in the bath. Also try pencil pine, thyme, bay or lemongrass. Try only one thing at a time though — if after one week one is not helping, then try another for a week.

It is also essential that you drink at least twelve cups of liquid a day (obviously not just tea and coffee or you'll replace one problem with another).

Kathie Ryan,
GOULBURN 2580.

Dear Friends,

We would like to start a club or similar made up of people who are interested in pise' or adobe construction. If there is anyone interested in forming such a club, could they write to us at this address.

Thanks for a fantastic magazine. I'm sure that it gives many more people like ourselves, some glimmer of hope in this polluted and pressurised environment.

Ross and Leonie Thomas,
67 Gormanston Road,
MOONAH 7009.

Dear Readers,

Would anyone be able to give me the addresses or locations of some communes in Tasmania? Also I have often heard that land is cheap in some areas of Tasmania and I would appreciate it if anyone could give me some idea as to what areas I could search for land.

Trevor Adams,
7 Hack Street,
MT. BARKER 5251.

Feedback Link-Up Feedback

Dear Meg and G.R. Folk,

Here are a couple of pointers I have picked up along the way, which might be useful to tuck away in your pages somewhere.

Firstly, one for all fellow sufferers of those terrible tropical ulcers that befall me whenever I go north for a while. On my last trip I copped two beauties on my ankles and looked forward to the usual months of agony and a spreading of the complaint all the way up my legs. Nothing worked, of course, and then I read in one of Adele Davis's books about American experiments with Vitamin E — it had been found to be very effective in rebuilding tissue after severe burns. Well, ulcers seem much the same as burns so I decided to try it. First of all I made sure the wounds were absolutely clean by bathing in sea water (what do you mean, pollution?) and then I broke open a capsule of Vitamin E and poured the powder into the ulcer, sealing it in with several plasters. I not only did this with my tropical ulcers but also with some 'school sores' my little girls had picked up. Elena was covered with them and had bad scars on her legs. Being in a caravan it wasn't easy to follow the usual recommended procedures for this complaint.

I changed the dressings and renewed the Vitamin E every day, and the wounds gradually faded, leaving only minor scars in the case of deep ulcers and no scars at all with mild wounds. The school sores cleared up completely and never came back, with no scarring, either. If only I'd known about it sooner, I could have prevented any scarring at all on Elena's legs! Isn't it infuriating that you have to find these things out the hard way while health authorities and medical people send you all round the houses with their ineffective remedies? Anyway, Vitamin E works marvels, so fellow sufferers, do try it. I don't know if it actually prevents ulcers, as I left Queensland before I could find out, but I was taking Vitamins E, B and C as well to try and combat whatever it is that causes it.

The other thing is a very nice way of making 'Fruit Leather.' I have seen this mentioned in G.R. but all the recipes used chemicals of some kind. This just uses honey.

Peel, core and cut up a quantity of fruit (apples, apricots, pears, plums, whatever) and put into a pot with 1 tbsp of honey to every pound of fruit (I still go by grandma's measures). Cook over a low heat until very thick and pulpy. If it gets too dry add a little water because it should be of a consistency to spread thinly over the bottom of a cookie sheet. Dry it out for an hour or so in a very low oven until you can cut it into strips. It will need further drying for about 24 hours. One way is to string a line over the stove and hand the strips on it, or else place in a warming oven overnight. The dryer it is the longer it keeps.

Abigail Neville,
Lot AA Northern Road,
LUDDENHAM 2750.

Dear Readers,

I am having free seminars here at Kuraby once a month on the Bach Flower Remedies and Biochemic Cell Salt therapy. Everyone is welcome and if we get a large crowd which is too big for my tiny cottage, there is plenty of room on the lawn or under the pecan nut trees.

These seminars will be from 5.00 p.m. to 7.00 p.m. on the first Sunday of every month. Enter my property via 1462 Beenleigh Road, Kuraby directly opposite the Kuraby state school.

I do not get time to organise teas or refreshments. I have applied for a new telephone service and have not had the number allocated as yet.

If anyone is interested, I am experimenting with a few Australian wild flowers.

Roy Wallace,
43 Didcot Street,
KURABY 4112.

Dear G.R. Readers,

In May 1982, my wife Lisa and one year old son Jiah, will be setting off on a trip around Australia to learn and do everything we can which will ensure a happier and healthier future for us — especially Ji.

We have not set any particular course, although we will probably head north first. If anybody out there is in need of assistance in any form of gardening, picking, building, etc. we would be more than happy to help in return for a piece of earth to pitch our tent on for the duration of our stay. We have all we need to live quite happily.

Steve, Lisa and Jiah,
52 Australia Street,
BASS HILL 2197.

Dear G.R. Folk,

Our eight month old daughter is allergic to cow's milk so she is having soya bean milk. I doubt very much whether I can make yoghurt from soya bean milk but can it be made from goat's milk? One complication is that our town is fairly isolated and I can get powdered goat's milk only.

I would also like to know if there is any land for sale around Kempsey, N.S.W. We are looking for about 80 acres, but don't mind a bit more. We'd like permanent water (who wouldn't?) and a small hill for our house. The land doesn't have to be cleared or connected to power or town water. Any information on either matter can be sent to me at the address below. All letters will be answered.

Donna Hicks,
P.O. Box 24,
PANNAWONICA 6716.

Dear G.R. People,

Your magazine really interests me, especially the articles on goats and craft.

One thing we learnt when living on stations was how to fox and rabbit proof chook pens and vegie gardens. It does cost extra money but is well worth it in the long run. Dig a trench about 1-2ft deep by 3ft wide around yard to be protected. Attach netting firmly to fence, then down and back from fence. Cover well with rocks and some cement if you wish, the re-cover with dirt and pound down. The fox or rabbit can't dig under the netting thus cannot get in. This also works with 'roos but a deeper, wider trench may be needed. Also an old bush tale about fruit trees — before planting, bury a carcas — 'roo or whatever, cover with dirt and plant tree on top.

For yellow leaves in citrus trees, sprinkle 'carb soda around under tree and water in. Not having tried either of these, I can't say if they work, but several station people I know swear by them.

Leonie Wheeler,
P.O. Box 577,
CARNARVON 6701.

Dear Grass Roots and Readers,

I was so surprised when I read through your pages and found there are so many people like us, who want to get down to earth again and away from the highly technological standards of today's living. I'm so very happy that there are intelligent people out there who want to make the most out of our wonderful God-given natural resources and not 'abuse' them like the majority of the population.

Also, is there anybody out there interested in selling goats — any type will do, milking or wool? We have a lovely 64 acre property, so you can be assured they would have enough running space and plenty to eat. As well as that we would love to purchase some poultry.

Since we will be in Sydney for a month or two before residing permanently at 'The Mey' in Bulahdelah please phone if you feel you can help us. Your advice, help and company would be greatly appreciated.

Elizabeth and Matthew Vlahovic,
7 Murray Road,
HARBORD 2096.
Ph. 02-938-5947.

To Bobby and Oz, Mt. Eliza,

My parents were country school teachers and each time we moved we buttered our cat's feet before setting them on new territory — we never lost a cat.

Del Lane,
19 Hosies Road,
EDEN 2551.

Feedback Link-Up Feedback

Dear Folk,

As I write, I'm looking at our mulberry tree, a massive old struggling giant — mainly because it's located at the end of our septic tank outlet and has a constant flow of water on its roots. My neighbours advised me to rip it out — the thought that a natural, organic living thing might send its roots into the septic tank horrified them! I ponder, though, on the varied uses and great pleasure it has given us. The beautiful greenery, dotted with red and black berries, when it changes from a bare and sere set of branches in the spring. The joy it brings in the early morning as the various birds breakfast in it — the ready-made climbing frame and swing for the kids. During the autumn, I prune off some of the branches which can grow up to ten feet long during summer. These are a good reserve supply of fodder for the goats and horses who quickly strip the leaves. I leave the branches in the paddock and after a couple of weeks they are well seasoned. A quick half hour with a tomahawk provides tomato stakes for the spring and the twigs go for kindling on the fuel stove. We're not into spinning and weaving, but I suspect that the fruit would make a good natural dye. And last, but by no means least, the fruit eaten fresh with cream, or made into pies and jams is superb. And I almost forgot — the shade it provides for the chooks and the extra feed from fallen berries. No one should be without one!

Kay Lee,
45 Woodford Street,
MINMI 2287.

Dear G.R.,

In regard to prevention of rust in cast iron kettles. There is no easy answer. Water contains dissolved oxygen — it is this that starts the corrosion process, particularly at the water to air level and above. Most hard waters contain lime compounds which, when boiled, tend to plate out a white deposit of calcium carbonate on the iron surface. This renders the cast iron surface passive to further oxidation hence corrosion stops. If soft water — rain water or town water — is then used in the kettle the lime deposit of calcium carbonate is then gradually leached off the surface again. This forms more rusty water.

The tinning method to passify cast iron is not suitable as the inside is rough cast and not suitable in comparison with copper kettles. There are more elaborate methods to passify cast iron using more toxic chemicals — but not good to drink.

It is unfortunate, but my conclusion is that cast iron kettles are not very good. They make expensive ornaments. If you shop around you can probably buy two cheap stainless steel kettles for the price of one ornamental cast iron kettle.

Re — Randolph Toombs and the 'Ideal Self-sufficient Man'. An aboriginal of approximately 150 years ago would meet all his requirements, superbly.

B.D. & M.M. King,
P.O. Box 488,
MOE 3825.

Dear G.R. Readers,

Early in the new year I will be making some additions to our owner-built sandstone house. If there is anyone who would like to learn something about stone construction and basic carpentry, plumbing, etc. in return for a hand with construction, we would be happy to supply food and accommodation . If you are interested please write to:

David Mateer,
'Windmill',
GLEN DAVIS 2846.
Ph. 063-7973 and ask for 32.

Dear Grass Roots,

"Grow Australian Native Trees"

I was quite alarmed when I read in G.R. No. 27 on the page titled 'Trees from Seed' where Diggers recommends Grass Roots readers to grow Leucaena.

The Leucaena, a native of Central America will grow as a shrub or tree depending on soil conditions. It is a very hardy plant and once introduced it is hard to get rid of it. Its root system is strong and vigorous. Once chopped down, the tree will shoot out and will multiply many fold. It is also a prolific seeder. It was once believed that the seed had to be treated before it would germinate but that is not so. The seed is carried by birds into the surrounding environment where it will germinate and compete strongly with native species. Leucaena has, in the last century, spread alarmingly in the north of Australia invading crown land, reserves and native forests. Darwin people will tell you that much of their foreshores and reserves are heavily infested with Leucaena and that they would like to get rid of it. Personally I would like to see it eradicated in the Gove area where I live.

Why can't we promote our own Australian plant species in our country? We are promoting them overseas! I believe that we Australians should maintain our identity and use our native species and thus protect our forests from the invasion of foreigners. What is wrong with our Australian Acacias? They are fast growing and are great improvers of soils as well as valuable timber suppliers. The Casuarina is another fast growing valuable timber tree and an excellent soil improver. They all can be grown from seed. Please look after the Australian environment and GROW NATIVES.

Dieter Hinz,
P.O. Box 64,
NHULUNBUY-GOVE 5797.

Dear G.R. Readers,

We are moving to Tasmania to live at the end of 1982 and as we don't know anyone down there, we would love to write to people anywhere in Tassie. As yet we haven't decided exactly where we will live, so we will probably rent for a while until we have travelled around a bit and really seen the place. We were down there two and a half years ago for a holiday and we loved it. We have, up until now, lived in the city all our lives, but we can't wait to get out of it. We eventually hope to buy some acres and live as self-sufficiently as possible We are Steve and Lynda (both 28) Natasha (9½), Jefferson (6), Marnie (15 months) and the baby due the end of February.

We would love to hear from anyone, anywhere in Tasmania.

The Struther Family,
179 Riverview Road,
EARLWOOD 2206.

Dear Friends,

I share a rented cottage on a farm property with two others and we have a fenced-off garden where Sandra is planting some vegies. I hope to start a small section myself soon. At the moment I am concentrating on indoor plants and growing new plants from my older mature plants with Christmas in mind.

I was retrenched recently from my employment and am finding it hard now to make ends meet. You see, I indulged in a beautiful piano and having never been a good saver, now have to set about paying for it. I have a part-time job child minding plus making cookies which I sell. I also have plans to have a stall at a local market. My biggest plan, and most important at the moment, is to become self-sufficient and healthy.

Thanks for your Dripping Cake recipe Judy. To Joan, please do write and tell us about life at the Lighthouse.

Geraldine Crisp,
Middle Cottage,
Leichhardt Farm,
RELBIA 7250.

Dear Folk,

In Germany I heard from some bio-dynamic farmers who grew a special kind of oats which first came from China. They called it 'nude' oats. It's a skinless type. If anyone knows about this type and also where I could get it, I would appreciate hearing from them. It's much easier with these oats because you don't have any hulling to do.

Monika Mertiny,
'Bauhinia',
COPMANHURST 2460.

Feedback Link-Up Feedback

Dear Grassroots,

We are two women writing about our own experiences in building and would like to contact other women who are also building on their own. Please write to:

Cathy and Alrisha,
'Bracken',
C/- Post Office,
BEECHWOOD 2446.

Dear G.R. Readers,

It is still lovely to read everyone's letters and know there are people who think like us. We live in the city but have just bought 103 acres at Grafton on the Casino road. It is a good feeling to visualise when finance allows us to move onto it. There is a small dam and it is three quarters fenced, so there will be a lot of work to do and a lot of learning.

Before we moved here we had a zucchini glut on the farm we rented. One recipe to use is as follows:

Saute' an onion and garlic in vegetable oil. Add salt and curry powder to taste, then cubed zucchini. Place the lid on the saucepan and let the mixture cook *slowly* in the juices.

Also here is a good marinate for chicken or fish. Grated ginger, grated or crushed garlic, soy sauce, lemon juice and honey. Marinate the meat for at least one hour and then put the chicken and juices in an oven bag (making sure to put a few airholes in it). When cooked at 250°F for about 1½ hours, it's very good.

In G.R. 27, C. & N. Payne wrote in Land Link about their Clydesdales. Is there anyone closer to Sydney who uses these horses on their farm? My father is 69 and has pictures of himself with a plough and a team of Clydesdales. We would like to see how viable they could be on our land.

Also, for Bruce Brown of Laverton — we bought a few beehives and some equipment from a very old and experienced bee keeper. His wife said that she makes creamed honey by putting it warm, in an electric mixer and mixes it to taste.

Does anyone have a good recipe for honey mead? We're hoping to start making it in the near future, depending on space.

Also thank you to Murray and Wilma Dillon for their welcome while we were at Grafton land hunting.

Any good advice on growing carrots, beetroot and Macadamia nuts would be very welcome.

Julie and Alan Massey,
3/38 Hilltop Crescent,
FAIRLIGHT 2094.

Dear Grass Roots Folk,

My husband has become interested in the idea of producing electricity through a wood fired, steam generator. As our place has an over abundance of fallen timber (thanks to an over zealous contractor who had the land before we did) we see this as an answer to cheap electricity, particularly since it is a renewable power source. However, finding information on this subject has been difficult and we wonder if anyone out there has any information, or has perhaps tried it?

Sandra Leech,
50 Miller Street,
WEST PRESTON 3072.

Dear Meg and David,

Thank you for producing such a magazine as you do. My copies are very well read amongst all of my friends — even those who think I'm a little odd.

For quite a number of years I have been collecting 'how to' recipes for producing basics such as yeast, soaps, etc. and now happily I have found a regular source. By the way — do you have directions for extracting sugar from sugar beet?

Helen A. Parsons,
COMBOYNE 2429.

Dear G.R. Readers,

Has anyone out there, had a go at home tanning? We've tried a mixture of soft water, salt and sulphuric acid, with mixed success. If anyone has tried this mixture or tanning from the bark, or any tanning mixture, we'd like to hear from you.

I have a very quick, simpe recipe for pickled onions:

1 kg onions
1¼ cups honey
4 cups white vinegar
6 peppercorns
1 tablespoon salt of desired

Peel onions and place in jars. Put all other ingredients in a pot and bring to boil, simmer for 3 minutes. Strain (if you wish) and pour over onions and seal. You can start eating them in about a week.

We've just moved to the Townsville area and would love to hear from other G.R. people. Our interests are animals, especially dogs and horses, organic gardening, leatherwork, macrame and patchwork. We'd love to hear from you — all letters will be answered.

Lucy and Jack,
P.O. Box 22,
TOWNSVILLE 4810.

Dear Folks,

Too late for Meg's turkeys, but perhaps this will help others. For blackhead, on the farm, we mixed a very weak solution of Condy's Crystals — pale pink — and dosed the birds with a teaspoon night and morning. I think it took only two days and they were on the mend. As an extra precaution, we added Condy's to the drinking water — same pale pink colour, as a preventative. I still use it if the hens look a bit peaky.

I had a phone call asking about cider vinegar for diarrhoea. I hope it worked. I would like the caller to write as I didn't catch the name.

I have dried apples very successfully with no fuss and am eating them on my travels. I have a combustion stove but I am sure an ordinary wood stove would do. Use any apples — I tried red and green (Granny Smiths) very firm or very ripe. It is better to peel them — I didn't like the unpeeled slices, but you may. I cored them, peeled and sliced roughly ¼in thick. Then thread them onto a length of dowelling and attach above the stove in the canopy area. Dowelling is better than string, because every now and then you can roll them around to stop sticking. It doesn't seem to matter how long they stay there. They should be dry in 4-5 days (stove lit only at night). One lot were smoked because my door lining has perished and it is unobtainable to replace. They still taste delicious. They are good for snack food, school lunches, camping, or just to nibble. I didn't soak them in anything. They are three months old and really good. I even cut some bad bits off the apples, so obviously age of the fruit does not matter.

To Fran Bolger (G.R. 26). Hens don't need a rooster but you'll still have to decide what to do with your really old hens who perhaps lay one egg a week if lucky, eat their heads off and then become very frail and ill. You either knock them on the head to put them out of pain (no, I can't either) or they just die.

An 'entire' ram, even though a pet, is not safe to have around, as even if they are only being playful, a hefty bunt can really hurt and imagine a child! We hate rings and find the knife is quick and relatively painless, especially if they can run back to mum for a drink. Don't leave it too long to castrate and tail — a thick tail stub can bleed and bleed and worry the lamb.

Has anyone else heard of the saying we used on the farm when most of our turkey poults died, 'A turkey and her chicks have one ambition in life — to die.'

We thought it most appropriate after the hens had trodden on, pecked, lost or jumped on their own young poults and we almost gave up!

Judy South,
Hastie Road,
GEELORUP 6232.

Feedback Link-Up Feedback

Dear Readers,

I am a single lady of 37 who has recently found where she belongs in life. I've crammed a lot of work and pleasure into my adult life and, though each experience has taught me a good deal, I was always looking for something else, knowing I hadn't arrived at contentment.

I've given myself plenty of time to test this desire and in so doing I've discovered how much knowledge I lack. Each day I seem to discover one more thing I have to learn and that's where I need help from friends.

I need to find my piece of land, but that's not my biggest problem. I intend to build my own dwelling using, whenever possible, what the land itself can supply. I have been learning about the suitability of some trees for building, a little about building structures and something of ways and means of getting water from difficult places, yet I know I am still very inadequate for the task I have set myself.

A chance meeting of two people in a hospital introduced me to your magazine and I was amazed to find how many people there are like me just starting out and how many more there are who have arrived. It may sound a trifle weird but I felt as though I was all alone like an orphan and suddenly all these people were like a great big family I could talk to.

I'm asking for help to learn the how and why and even the what is it of so many questions. Would any of you write to me about the discoveries and disasters you have experienced. If anyone who has built their own home and would not mind giving away their secrets, I would love to come and see it. My house design is in my head at the moment and maybe with your help I will be able to visualise it as it may look completed. I'm still looking at it from only a picture of walls not filled in and the roof which is my main interest. But when it comes to the floor, where I guess I should start, I haven't a clue.

I would greatly appreciate any letters on any subject including what the land is like in different regions and approximately the price per acre. I intend to explore as much of the east coast of Australia in the next year to learn what can grow and what can't, what needs must be met due to climatic conditions and to find what restrictions exist. So when I ask for help I guess I'm asking for a lot. I would like to hear from you with any advice or information and in turn I will let you know where I go and how I make out.

Robyn McKeen,
4/8 Gosport Street,
CRONULLA 2230.

Dear Readers,

We recently stumbled upon G.R. and have since spent many enjoyable hours reading borrowed back copies. The magazine was especially helpful as my wife and I, daughter Erica (18 months) and dog intend returning to N.S.W. in June. We would be very grateful if anyone in the Cooma/Bombala/Eden/Bega areas, who is living 'the good life' would write and fill us in on local prices, attitudes, climate, craft markets, etc. This area appeals to us as we believe the climate is similar to this area of N.Z. We have spent nearly four years in rural living so feel sure of our intentions i.e. self reliance on our own land. Also we have developed many skills essential for the lifestyle we hope to follow. Our interests include horses, livestock management, fly fishing, herbs, kite making and power generation (Banki-Michell turbines). Most of all we believe in the need to preserve Mother-Earth (Gaia) and live in harmony with natural life cycles.

Chris, Gail and Erica Baker,
Pokororo R.D. 1,
MOTUEKA N.Z.

Dear Folks,

It's a real tonic and inspiration to read about all these practical people, tackling vast projects in areas where only 'Gods', craftsmen, doctors, farmers, etc. were 'supposed' to tread. More power to everyone's elbow.

In my four years of building on what was 15 acres of old mine holes, I have progressed to lay a fair brick (mud and other) and wield a mighty spanner over many a machine, for I have the rusty-greasy thumb as opposed to the green variety.

I suppose the crux of this note, from my humble learnings is not the physical work or lack of skill or knowledge that can be gained by reading, seeing others and experimenting, but the mental atitude — the will to go on. As soon as I find myself asking, "What's the point in doing all this?' everything stops.

So many humans seem to make a hell of a task out of putting up a bit of a shelter, gathering and growing food and finding a mate. Rabbits seem to get on with 'life' with a lot less hassles. Do many die of stomach ulcers or suicide?

I wonder if there is a practical girl who would like to correspond with a view to meeting. I am 29, omnifarious, non-smoker, into building and craft hobbies, though my work of making hand-forged wrought iron work takes up most of my time. I enjoy writing letters though people tell me my spelling is atrocious.

Andy Dannatt,
W.S.D.,
YAPEEN 3451.

Dear G.R.,

I'm sure L. Capr (G.R. 27) means well, but if no-one challenges his figures they'll be accepted as correct. It's important for all of us to know what we're up against if these hideous nuclear weapons are to be resisted effectively.

The Hiroshima bomb did *not* kill instantly at 20 miles. A friend of mine watched the whole thing and she's still alive and kicking. The bomb caused almost complete destruction over an 800 metre radius, with lighter damage out to 6.5km. Fatal burns and gamma radiation occurred out to 800 metres and first degree burns at least, were suffered out to 3.2km.

The point of these figures is not to say, 'There, the bomb's not so bad after all', but rather to discourage the state of panic that some go into whenever the bomb is mentioned. Don't cheer up yet. A medium sized modern weapon will char exposed flesh 21km away, so if you're in the city when it is hit without warning, then your goose (and ass) is probably cooked.

Many G.R. readers, being in the bush don't have to worry about the immediate effects like blast, radiation, light and heat, but fallout will get you if you don't prepare. There are things you *can* do. It is folly to avoid protection just because someone says it's futile!

The following pamphlets are useful:

Survival In The Nuclear Age (ISBN 0-7246-0540-1) Tasmania State Emergency Service
Radio Active Fallout on Plants and Animals
Fallout
Survival From Nuclear Warfare
Domestic Fallout Shelter Guide

The last four are all from Natural Disasters Organization, Canberra ACT.

Rosco,
O CONNOR 2601.

Dear Folk,

Thanks for publishing our letter for seeking land in Tasmania in No. 25 and our request for natural remedies in No. 26. We've had such a tremendous response from both letters and are wondering if you could publish a thank you to all the warm hearted people out there for taking the time to write with helpful information and also to apologize to those who didn't receive a thank you letter. Not being the best of writers I just haven't been able to keep up with the influx plus the fact that both girls had a bout of measles which slowed things down for almost three weeks.

I just had absolutely no idea that the response would be so great — in fact I'm still receiving letters. So if you could find space to put in a thank you from us, it would be greatly appreciated.

R. & L. Morris,
P.O. Box 1027,
ALICE SPRINGS 5750.

Feedback Link-Up Feedback

Dear Grass Roots,

Yes, Margaret and Peter Carr, I'll agree with you wholeheartedly. Land sharks from Melbourne have done the same thing to the countryside around the St. Arnaud area. We have a farm near St. Arnaud and also a block in the middle of the area which has been divided up for the 'back to earthers'. We paid $20.00 an acre only a few years ago for the 70 acres. We can't grow crops on it — it's just not worth the trouble.. It's covered in rocks and the only thing we use it for is a stop over when we have a sheep or cattle sale. During a drought year two cows couldn't survive on it. These land sharks are selling ground much worse than this for over $500 an acre in some cases. These 'weekend farmers' who buy these blocks, in my opinion and many others agree, are a nuisance to the genuine farmer. They come at holiday time and weekends, light barbecues on total fire ban days and last year started many fires in the area. They burn other people's property, stock, fencing, have eight to ten fire trucks called in and many lives are at stake fighting them. The 'lovely' people having the barbecue just hopped in their car and left when the fire started.

Another 'weekend warrior come farmer' bought some poddy calves, fed them some milk, went back to Melbourne and came back the following weekend to find them all dead and he didn't realize why. Others buy some sheep, leave them on their farm and go home expecting them somehow to look after themselves. Anyone that has sheep surely knows they take a lot of looking after. It's no good leaving them in the May holidays and then coming back in the September holidays to check on them like many do. It's nothing unusual to go into the bush and run into someone shooting anything from galahs to kangaroos (in one case a horse). Not many people around here have much time for these types as you would imagine. Me included.

Bev R.,
P.B. 141,
ST ARNAUD 3478.

Dear Grass Roots,

Sometimes for myself, a 'man and family on the land', the general tune of your G.R. letters fills me with gloom and despair. Last issue I read of one writer going off about 'land developers degradation' and living on that same type of block — another demanding the block of their dreams which 'must have cheap rent' as they had 'no money'; another hoping 'all intensive farming will cease' but offering no viable alternative and so on and so on.

Now fair enough, if anyone is happy trying to scratch out a living on a few acres of dirt with a cow and a garden and some chooks, I 'dips me lid.' But I am anguished and angry when I read of the parent with the two kids, one asthmatic and the other illness prone, who raves on about the 'benefits' of acorn soup.

Having come from the city seven years ago to the bush I quickly realised one maxim — the land must pay its way, just as if it was another dependant in one's family, and it's no use at all to rail against what other people might or might not do on *their* land. Those poor people from Coalville who are being shifted by the S.E.C. — do they have a solicitor? Are they looking after their land or is it just a bummer?

So often in G.R. I read letters from people who seem unable to help themselves and who flail and rant and rave about their 'hard times.' Believe me, life on the land *means* hard times — unless you're a millionaire, which we're not, then that's what it's all about. But it's to be enjoyed, above all. Seven years ago I didn't know the front end of a cow from the back, and now we have one of the leading 'exotic' cattle studs in N.S.W., through hard work, no whingeing and perseverence.

And take my advice — avoid communes. I haven't seen one that could agree on lunch.

Chris & Jody Heald,
R.M.B. 917,
DOORALONG via WYONG 2259.

Dear Readers,

Does anyone know how to get the sisal on hemp-like strands for rope from the 'Yukka' or similar type plant please? I've cut some of the long spiky leaves and have them strung up to dry but I am not sure which would be the best method to attack them. Maybe they shouldn't be dried first?

J.A. Robinson,
Wild Cattle Island,
C/- P.O. Box 22 Tannum Sands,
via GLADSTONE 4680.

Dear Friends,

I am a horticulture major here in Santa Cruz, California, and this winter I will continue my studies at the University level in Biology and Environmental Studies in a program called Agroecology.

I received your name and address from OFGS which suggested I write to you as regards my enquiries. I am looking for a center of some sort that is into promoting organic soil management practices. I'm interested in doing volunteer work (room, board, small stipend) for a center that is preferably teaching and also experimenting with the ecological approaches to food and fiber production. If you know of such a place or can pass the word around I'd be happy.

My timing is flexible, but I'd like to make a minimum six month commitment, sometime in the next two years. I'm dependable and have extensive carpentry skills and am very interested in promoting ecological food raising techniques.

Michael Landsdale,
4540 Prescott Road,
SOQUEL, CA 95073 U.S.A.

Dear G.R. People,

We have been avid readers of this great magazine for many years now and hope we can make contact with some G.R. people up around the Wodonga/Yackandandah area.

We are in the process of looking for about twenty acres with permanent water — land suitable for goats and vegies (who isn't!) We plan on building again in two or three years — this time not in mud brick.

We will be travelling up to Wodonga reasonably frequently over the next few years, initially to look for land and once bought, to get the feel of it, so we would like to have contact with a few people to make it less lonely. We are in our early thirties — interests include Angora goats, solar energy, organic gardening, spinning, jazz and building. Also, if anyone hears of any land for sale, please write.

Thanks to all who make this magazine possible.

Shirley Dobson & Brian Haynes,
R.S.D. Banksia Crt.,
CASTELLA 3777.

Dear Readers,

We moved from Melbourne to Wedderburn (Vic.) about twelve months ago. After living in our garage for about four months the house was far enough advanced for us to move in. We had, like so many other people who make the same move, to overcome many problems, but the main one we find is the lack of S.E.C. We have tried a diesel generator which gave us no end of trouble and to have the S.E.C. connected will cost in excess of $8,000 which is way beyond our means at this stage.

Now, we would like to hear from readers as to how they handled the problem such as lights, keeping food and milk from going bad, especially in the summer. We thought along the lines of building a cellar but we are not sure how to go about it — maybe somebody can help.

Also up to now, none of our duck and chicken eggs have hatched. After waiting no end, we have broken the eggs open — all of them had little ones in them but they just won't hatch. This has happened now about four times with the ducks and three times with the chickens. The ducks and hens have been sitting nearly all the time. Could anybody tell us the reason?

Tina and Peter van Veen,
P.O. Box 17,
WEDDERBURN 3518.

Feedback Link-Up Feedback

Dear Meg, David & Readers,

I am an avid G.R. reader and would never dream of missing an issue. It's just a pity it doesn't come out every month. We live on one and a third acres of good arable land, growing vegetables, a few fruit trees, keeping chooks and I'm raising a Jersey calf — she is beautiful. I am doing the *Care of the House Cow* correspondence course, put out by the N.S.W. Department of Technical and Further Education which I have found quite helpful and I can thoroughly recommend *The Family Cow* by Dirk van Loon — a most informative book written in an amusing down-to-earth approach.

This place is currently on the market, as my husband is moving with his job up to Newcastle, so we'll be looking for an acreage up there in the near future — if anyone knows of any land available please write. We must have at least an acre and be within reasonable travelling distance of Newcastle.

I enjoy sewing, crafts and hope to be taking up pottery soon. Also I have been collecting the combings of hair from our Old English Sheepdog — I believe this can be spun?

To Chris and Vite Heining (G.R. 27 p.8) I don't know if it's any help but I know that the Hare Krishna community on the Hawkesbury River have built a number of mudbrick houses on their property — I don't know if this would be the place you heard of. Also here are some address to write to who may be able to help:

Brian Woodward, Earthways, Wollombi 2325 (mudbrick specialist).

The Second Back Row Press, P.O. Box 43, Leura 2781 (they would have reading material on mudbrick building).

The CSIRO Experimental Building Station, Delhi Road, North Ryde 2113.

To Rhonda Stafford (G.R. 27 p.15)

An Effective Home-made Smoker

Light a fire in charcoal in an old metal bucket and sprinkle sawdust on top. Fix rods along the top of the oil drum to attach bacon, fish or whatever is being smoked. Cover the whole thing with an old blanket or tarpaulin.

Top and bottomless

Oil drum supported by bricks to create an up-draught.

John Seymour in *The Complete Book of Self-sufficiency* says 'for years we used a brick out-door lavatory (we didn't use it for its original purpose of course). We had a slow combustion wood burning stove outside with the chimney pipe poking through the wall and we hung the meat up from lengths of angle iron under the roof.'

I hope one or both of these ideas will be helpful.

Gillian Leach,
180 Golden Valley Drive,
GLOSSODIA 2756.

Dear G.R. Folk,

I have a recipe for raw rose-hip conserve. It can be spread as jam or taken by teaspoon as a Vitamin C supplement.

Gather well ripened rosehips and spread to fully ripen in a dry, shady place. Do not put on top of each other or they'll go mouldy. When nice and soft, put them through a mincer and obtain a nice red puree. Rub through sieve (to keep back pips) with wooden spoon. Mix with half as much honey. Take one teaspoon per day. With skin, kernels and pulp left, dry and use as tea during winter months.

Re Psoriasis

Sunbathing and ocean swimming are the best remedies. Do not use soap. Whey or apple cider vinegar or lemon juice in bath water daily will help. Jo-jo ba shampoo on hair and on body instead of soap is particularly good. As skin problems start from within avoid processed foods and eat lots of cleansing fruits and vegetables but avoid citrus fruits. Take blood cleansing herbs such as dandelion, chickweed, red clover or echinacea daily in tea or tablet form. Do deep breathing excercise.

Re Yeastless Bread

I have made it and love the flavour but mine rises hardly at all. Usually I leave the first mix 12-24 hours (left it for 48 hours once and it went mouldy). I usually allow 12 hours for it to rise and in that time it rises only about a quarter. The flour is ground fresh so that's not the problem.

Danni Mackenzie,
P.O. Box 252,
YANDINA 4561.

Dear Readers,

I have been experiencing difficulty in whipping my duck egg whites for meringues, mousses, etc. They don't seem to end up a frothy as hen's eggs do. Can anyone tell why this is so?

B. Jenkins,
MACCLESFIELD 5153.

Dear Readers,

I am writing from a country town in S-E South Australia. We would like to know if there is anyone who could help us with any information on building a mosaic stone house. We intend to sell our house and numerous fruit trees and buy about one hectare of land to build a mosaic stone house.

We would also like to know of anyone else in our area who is interested in an alternative lifestyle. We know of two families but would like to hear from more people.

All replies on either subject would be greatly appreciated.

M. and V. Virgo,
4 Third Avenue,
NARACOORTE 5271.
Ph. 087-622-936.

Dear Friends,

Experience is an excellent teacher and it is the sort of education that we seek. My brother Paul and I intend to work our way around Australia any which way we can beginning early this year if all goes well. But my big question is how? We're willing to work and have enough money between us to stay afloat for some time in between. We're interested in everything.

There have been a few suggestions flying around here like fruit picking, baby sitting, fishing, etc. Payment doesn't necessarily have to be in money — food, a place to pitch a tent or a bed to sleep in would be sufficient. We've both been out on our own for some time with different jobs but have come together because somehow the values of the city don't seem to suit us — too competitive perhaps. Does anyone have suggestions, know of a place to obtain work (anywhere in Australia), have something of interest to share and /or any other ideas?

Sandra and Paul Williamson,
2/30 Martin Street,
HEIDELBERG 3084.

Feedback Link-Up Feedback

Dear G.R. Readers,

I'd love to hear from any women who are making it alone or sharing with other women (and children) in the country or who are contemplating moving from the rat race to a more natural mode of living. I'm a lone mum with a ten year old son and would like to make the move in a year or so. I would like to contact someone in a similar situation to pool resources — financial and talents. I'd prefer to move north, around the Rainbow Region but anywhere in N.S.W. with like-minded people would be great.

I'm vegetarian, would like to grow organic vegetables and herbs and have a goat or two and a few chooks.

Jill Toorney,
16/10 Eyles Street,
DUNDAS 2117.

Dear Folk,

We live on the land and are trying to be organic. Is there someone out there who could write an article on how to grow 2-3 acres of grain, etc. without fertilisers and superphosphate? Also we are very interested in improving pasture without fertilisers but so far have not come up with any answers. Perhaps someone has come across or knows of how it might be done.

We realise that tons of animal manure will do the same thing but we don't have access to animal manure in such quantities. Before super and chemical fertilisers were used there must have been some way of managing pasture and growing crops. We have read Fukuoka and plan to try his system with grain. Is there anyone who has actually done this in Australia?

Wilma Dillon,
P.O. Box 653,
GRAFTON 2460.

Dear People Who Read G.R.,

For everyone who is troubled with insects I have a recipe for garlic insecticide that works well, especially on aphids.

Soak 3 oz of chopped garlic bulbs in 2 tbspns of mineral oil (toilet paraffin) for 24 hours. Slowly add 1 pint of water in which ¼ oz of oil based soap has been dissolved. Stir well, then strain liquid through a fine gauze into a china or glass container (metals cause a reaction).

Use 1 part solution to 20 parts water where bugs are worst and then 1:100. Strength of solution increases with keeping.

Jennie Hall,
Lot 90 Bongaru Ave.,
CABOOLTURE 4510.

Dear Fellow Readers,

For sometime now we have been searching for a recipe for carob chocolate with honey, soya milk, dried fruit and maybe a little coconut. Our problem is how to throw them all together in the right quantities. We'd be glad to hear from anyone who could help us with a recipe.

Also we have recently purchased some acres at Bangalow near Byron Bay. It is loaded with bananas and kiwi fruit. Any tips on the best way to keep these crops and improve upon them would be appreciated.

A recipe for feijoa jam would also be appreciated.

Lastly, dealing with water — on the land is an underground creek to which we want to set up a windmill — any tips on the best windmill and methods of setting up. The 6,000 gallon cement water tank is not in use while we are away for long spells. We would like to know the best way to keep the water within, sweet and algae free.

Eventually it is our wish to build a 'U' shape log house on the land. Again, if someone has already built a home of this type, we would love to hear from you.

M. & B. MacCann,
63 Melrose Avenue,
SYLVANIA 2224.

Dear G.R. Folks,

I have a couple of queries that perhaps someone may be able to help me with.

1. Does anyone know the recipe for saddle or leather dressing that Grandpa used to make? I know it contained beeswax, linseed oil and Neatsfoot oil, but I don't know if it had anything else added. Also I would like to know the quantities of each.
2. Does anyone know a hoof oil that is readily available around the farm?

B. Drury,
'Muntara',
R.M.B. 3010,
VIOLET TOWN 3669.

Dear Grass Roots Readers,

My letter which appeared earlier this year brought me in contact with some delightful people — some of them in our own area, which was a joy. But I am greedy for correspondents — I love writing letters and exchanging thoughts and experiences with other people. So — if anyone out there thought of writing before, and didn't, please think again! Actually, I'm wondering if any of my old friends from long-ago-in-the-nineteen-fifties schooldays are Grass Roots people, reading this and not knowing how much I'd love to hear from them. Somehow I think my dear friend Barbara might be a G.R. person — she was always pretty thoughtful, as so many of us seemed to be, growing up in the long shadow of the Cold War. Babs and I lost contact sometime in 1960 and I have no idea where she is now. G.R. seems to be good at finding lost friends, so if your name is Barbara or Ann and you were a senior student at Sutherland High, in Sydney, in 1957-58, or at Port Hacking High in 1959, and you remember an eccentric type called Margaret Packham, then I invite you to write to me. I'll get my hopes up. But sadly, I — and others — have noted that some people get really threatened when they encounter someone they have known long ago. As for me, I am quite tame — if talkative, on subjects of interest to me.

Many thanks.

Margaret Hargrave,
(nee Packham),
'Forest View',
Lagoon Creek Road,
MINORE via DUBBO 2830.

Dear Friends,

When I am released from prison in three year's time, I will be saving up and buying a block of land somewhere and I would like to correspond with some interested lady who has the same ideas of alternative lifestyle. I am 28 years old (as of 10th Nov., '81), don't drink, smoke or take drugs. I have just gone on to a vegetarian diet and I am glad to get away from the meat diet. I still drink milk and eat eggs and honey but I have not had enough information about this to give them up yet.

When I get out, I just want to get enough money to set up a nearly self-sufficient lifestyle. It's going to take a lot of hard work and a couple of years to set up, but it will be worth it.

Charlie Kellet,
C/- Grass Roots,
P.O. Box 900,
SHEPPARTON 3630.

Dear Fellow Readers,

This is our second year living in the tropics and the wet season will be with us soon. Last year my son (now two) and myself had prickly heat very badly. It has started to come back again now that we have had some rain and I was wondering if anyone knows of a cure — or at least some relief. We have tried cold baths and rubbing calamine lotion over the rash but this relieves it for only a short time. We would like something that brings longer relief — preferably permanent relief. Also I've been told that prickly heat is caused by something in the blood — is that right? Hope someone can help us.

Yvonne Driscoll,
Warmun Community,
P.M.B.,
KUNUNURRA 6743.

Feedback Link-Up Feedback

Dear Readers and Friends,

We bought 42 acres here four years ago. We recently added another 57 acres to our holding on which we have ten head of cattle, one horse, some ducks and chooks. We have fruit trees including citrus, stone fruits, apples and pears. This year we have a good crop of nectarines and peaches, some plums and apricots — possibly our best crop.

I have a full time job with Telecom and find my greatest problem is shortage of time to do the things at home that I would like to complete. After four years here, my main advice to anyone starting on a rural block is to determine their list of priorities and stick to it. At times I have to stop myself from starting new projects when others haven't been completed. I've also found, particularly in the last 2-3 years of drought, that I've had more success with smaller plantings of vegetables e.g. I have obtained more from a 2 metre row of beans which I can tend and keep watered than when I've attempted to grow a 60 metre row and spread the available water.

Allan and Mary Rance,
R.M.B. 437 Pembrooke Road,
WAUCHOPE 2446.

Dear Folks,

I have only just recently learnt of your wonderful magazine and have found it most interesting. I am wondering if any readers would be able to help us. We are leasing about four acres with a shack. It is leased as grazing land but we would love to live on it. We are wanting to find out if there is such a thing as 'squatters rights', and if so what they are. The property is leased from the Lands Department — we pay every twelve months. We have enquired about buying it but there is no chance. We would appreciate any letters or advice you could give us, also are there any books on the subject?

Kerrie Carter,
59 Queens Road,
New Lambton 2305.

Dear Readers,

I am writing to see if someone could help us out. We are shifting to Brisbane in mid-January. John is being shifted in his job (Army). We would like to rent or caretake a farm or house on acreage for approximately two years — 10 acres upwards.

We have two children plus two dogs and cats and six horses (hence the need for land). It is our first shift for 12 years and we have lived on a farmlet a few miles out of Geelong for all of that time.

If there is anyone who could help us out please write and let us know.

Heather and John King,
P.O. Box 118,
DRYSDALE 3222.

Dear Meg David and G.R. Readers,

I have all my life been an alternative person who liked to live and experience a different lifestyle and in the process learned to look at life with an open mind and learned to let everyone live according to his/her conscience. Politics and religion are very personal things. I was very much impressed with the letter by Jeanette Gow in G.R. 26 on p.12 — particularly her ideas 'Companion Farming.' I am referring to her total lack of the generation gap and her general sincerity.

I have just recently undergone open heart surgery and am at long last ready to go and find myself a base in the country. I am not a vegetarian nor am I the type who would like to live in a commune for the rest of my life. But I would be very happy to use the experiences gained during my travels as a political refugee during the years of the depression in Europe and the rest of the world. During these years I learned to survive and adapt myself to all sorts of nationalities' ways of life in France, Britain, South Africa and China and now I have become a naturalised Australian who has travelled and worked in every state of Australia. During a seminar in Sydney early last year I heard one of the guest speakers call Australia the 'Island of Peace'. Let us keep up to that label and keep it that way despite our politicians on both sides of the house. Although I believe that among them too are those who are sincere.

I have lived on the land as a youngster and during the fifteen years I have travelled around Australia I have felt greatly attracted to Northern N.S.W., Central Queensland and most of Western Australia. However, now I would like to have a base just anywhere I can find cheap land so that I eventually build my own 'A' frame house or can find a cheap church or dilapidated old school house. I am determined to tell Social Security to keep their insulting living standard they would like me to adopt. I know I am entitled to the invalid pension, but I like to make myself live like a human being again and have the means of looking after my soul mate. He is a 4½ year old Great Dane who has been my constant and true friend ever since I got him at the age of six weeks. In the meantime, maybe someone could help me find a place like Connie Dalglish.

Frank Cohen,
44B Edward Street,
BELGRAVE 3160.

Dear G.R.

Could you imagine the shrieks of protest that would arise if I published an ad like this:

COUNTRY MENS FESTIVAL
(NO WOMEN ALLOWED)
Workshops, festivities, skill sharing, etc.
(Definitely no dogs, cats, womin or women)

The sort of liberation that Robin Eagle (G.R. 27) seems to be on about would deny the very equality that so many have struggled to achieve.

Why be spiteful Robin? There are male welders, fencers and builders who would be glad to share skills with their sisters. Not many would like to be equated with dogs or cats, though.

Few men would be clamouring to get to a 'Country Womins Spring Festival'. The name implies exclusivity. The explicit bans on men add nothing but offence and insult, and if published in any other magazine would probably incite a result opposite from their apparent intention.

G.R. is a wonderful magazine. We admire you all immensely.

Rosco,
O'CONNOR 2601.

Dear Folk,

We would like to buy glass fly traps but don't know where to find them. We have one that was found at an old farm house. We use it with stale beer, a mixture of water and sugar, and a few drops of vanilla. The trap works like a charm but we need more to control the fruit fly problem as we seem to have them in the millions. If any readers can help, we would be very grateful.

L. Venz,
4 Menzies Street,
DYSART 4745.

Dear Grass Roots,

I have read your magzine often and I think it is great. We have nine acres and a dam just outside of Castlemaine near Bendigo. We are looking forward to getting some steers.

My cat had kittens and I would like to know if anybody wants two kittens — they are black and tortoise-shell.

I am in my teens and interested in building mudbrick houses and buildings. Is there any G.R. person who could tell me how to strengthen mud bricks? I am also growing corn but it needs lots of water every day.

Martin Hurley,
Merrifield Street,
CASTLEMAINE 3450.

Dear Friends,

If anyone is interested I have available a leaflet *Real Democracy — Secret Ballot in Parliament*. I invite readers to correspond.

Basil Smith,
187 Lincoln Road,
MOOROOLBARK 3138.
Ph. 725-0578.

gumnut gossip

Meg Miller

This week's heat wave conditions have brought yet another summer with merciless heat and drying winds. Yesterday we drove through the Wandong-Broadford region, an area that has just become the state's latest bushfire casualty and I realised that reading an article like Bushfire Safety in the last issue of Grass Roots is interesting and helpful, but being confronted with the aftermath of a large fire really slams home the need for fire precautions. Each year we say, 'We must cut fire breaks . . .', but somehow the good intentions get swept aside and nothing really eventuates.

Fire must be the single most constant threat shared by people Australia-wide. It is a hazard equally for town and city fringe dwellers as well as those on farming and bushland. What can we all do? With many of us living on small acreages and struggling to survive, the tendency is to think, 'We'll be all right'. Perhaps if we are lucky we will be, but luck is not good enough. We unstintingly put energy into caring for our bodies, our animals, our gardens and farms, but how many take the time and effort to plan fire protection by siting buildings sensibly, planting fire resistant trees, clearing around horse paddocks and stock yards and ploughing fire breaks. Stephen's article on Page 64 may help here. Readers from all states have been victims of fire and the heartbreak, desolation and courage that comes through their letters is humbling. It could happen to any of us. Perhaps in 1982 Grass Roots readers can make fire safety a priority by sharing their experiences and handy hints and putting them into practice. I've often wondered how I'd manage 200 head of poultry in the face of an oncoming fire, with a water supply based solely on a single electric pump. Just what is the best way to manage poultry and livestock, utilise an inadequate water supply and minimise risks to house, garden and machinery? I'm sure we will all gain from this exchange of information.

Christmas came and went and judging by the overlay on the window sills and tabletops, Santa's reindeers and sleigh threw up a lot of dust. We all had a week off here and it seemed strange wandering into a silent office. It was, however, an excellent chance to put some time into that backlog of work that never seems to diminish, regardless of the time spent on it. I'm sure the break did us all good, too, though 'mondayitis' hit hard the first day back when we realised the postal strike was actually over and those alarming piles were ours. We are working through them but it will take time, so do bear with us.

In this issue we have a new section, our recipe pages called 'While the Billy Boils'. With the number we are receiving, and knowing full well the frustration of searching for a recipe you know you saw somewhere, we though a specialist section would make the magazine easier to use. If you have a favourite recipe then do send it in but remember Grass Roots is a magazine concerned with alternatives and as such we are looking for wholefood recipes — those using healthy ingredients and eliminating processed or refined food.

One or two of our regular contributors are 'on leave' this issue, but they will be back again in G.R. No. 30. The first issue of the year is always the hardest. The firms we deal with are closed down, everyone seems to be dragging their feet after the build up and scramble of Christmas and so many people are away basking in the sun. Regardless of where you are — still at home because there are too many jobs to be done or mouths to be fed, or away off somewhere enjoying a well-earned rest — welcome to Grass Roots for 1982 and

May the long time sun shine upon you
All love surround you
And the pure light within you
Shine your way home.

GRASS ROOTS

BOX 900 SHEPPARTON, 3630

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6, 7, 8. Out of print.

9. Solar hot water system, fairy web shawl, welding metals, haybox cookery, herbs, gardening, tethering pets, goat cheese and more.
10. Horse care, dome building, summer drinks,pot-pourri sachets, drying fruits, basket making, embroidery, corn letter from Renate and more.
11. Geese, owner-builders, producer gas, handwoven shirt, breakfast, the house cow, natural cold remedies, Cotter, low energy housing,splicing
12. Tipis, keeping pigs, nuts and seeds, raw fleece rugs, ducks, boomerangs, pumps nettles, tapers, home brewing, hair care, gardening and more.
13. Permaculture, soap making, earthworms, herbal teas, Bredbo, queen rearing, owner-builders, education and kids, Index 1-12, Renate, Jack.
14. Recycle a windmill, soap making, permaculture, bees applique, herbal teas, button making, tipis, fowls, musical instruments for kids.
15. Stained glass, wattle and daub, dandelion coffee, goats, spinning, Murray crays, beer, soap recipes, feeding native birds, self sufficiency city style and more.
16. Pigs, goats, pot-pourri, health, soap making interview, deer farming, bonsai, rag rugs, mud bricks, new vegies, rotary hoes, beer and lots more.
17. Pheasant farming, batik, solar energy, herb farms, Muscovy ducks, cultivators, cheese making, leadlighting, beer urban forestry, cord buttons, horse and cart and lots more.
18. Mud ovens, solar energy, no-dig gardening, raspberry farming, hay sheds, acupressure, weaving, poultry, tractors, stone masonry, living off craft,a 98-page issue!
19. Train a bullock, fireplaces, log cabins, pesticides, natural poultry keeping, natural health, goats, inkle weaving, selecting wool for spinning, cheese-making — another 98 page issue.
20. Training goats to harness, unusual salads, stone house, make a lampshade, sourdough bread, eucalyptus candles, combating depression naturally, organic gardening, simple surveying, eating out and more.
21. Balcony gardening, working donkeys and mules, knitting with handspun,bookbinding, fabric craft, cementing a water tank, minerals for health, amateur farming and more.
22. Community gardens, renovating a wooden house, tip ratting, natural health success story, make a donkey pack saddle, yeastless bread, organizing a community market, poetry and more.
23. Shoemaking — a small business, urban gardening, solar hot water, mud bricks, alternatives to milk, lease a farm, grow fruit from seed, start a country market, bantams and all the regulars.
24. Small scale hydro electricity, butter making, life on an island, poultry shed, make your own canvas blinds, community building, saddlebags, turkeys, using and storing wheat, natural skin care, vegan recipes and lots more.
25. Alternative schooling, make a kaftan, home-made spaghetti, select a water pump, outback diary, birth of a donkey, herb repellents, travel Australia, megavitamin therapy, make a root basket, eucalyptus oil, make a sheepskin jacket and more recipes from Renate.
26. Guide to Queensland, poisonous plants, choose a horse, making chappatis, furniture refinishing, using weeds, woolcrafts, more donkey harness, weaving rugs, outback diary, introduction to worm farming, a vertical axis windmill, small farm stories plus all the regulars.
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